



How can you make the most of your time in graduate school?
What would your life look like if you were truly flourishing?
What can you do now to live a better life?

Join academic coaches Kimberly Geil, PhD (CoachingHeights.com), and Jennifer Polk, PhD (FromPhDtoLife.com), for this free teleworkshop!

Your coaches will draw on the science of positive psychology to help you find better ways to flourish in grad school and beyond:

- thought-provoking questions,
- exercises to help you identify action steps, and
- a community that invites sharing of experiences and wisdom.

At the end of this hour you will have made a plan for making positive change in your life, and made a commitment to taking those first steps.

When? Thursday, December 12, 2013, 7:00pm-8:00pm EST

Where? On your phone (a telephone number and access code will be provided for registered participants)

Who? Graduate students and allies

Cost? Free! You only pay for your phone use

To register for this teleworkshop, please email jennifer.polk@gmail.com.

Include "Flourishing" in the subject line, and in the body of your email please indicate your full name and email address.

All registration information and participation is confidential and will not be shared.