Facing An Uncertain Future: Your Inner and Outer Skills

Date: 
Mon, 02/29/2016 - 2:30pm to 3:30pm

Event Location: 
Floor 26, Du Bois Library

Event Description: 
This workshop will be led by Skills for Life, a local program emphasizing introspective and practical skills.

By attending, you will:

- Experience a five-minute silent meditation
- Consider the current state of the world and express what you need in order to face an uncertain and challenging future
- Explore balancing practical "outer" projects (ex. crafts) and reflective "inner" work (ex. patience)
- Discuss how to build community skills
