

Holistic Conversations for Joy and Meaning

Please join us for a series of one-hour webinars focusing on what we can do individually and collectively to achieve greater joy and meaning and improve skills for care of self and fostering resilience.

Three webinars will be held in 2020; October, November, and December. Recorded webinars will be available at a later date.

You must register for each session.

Webinar 2: Conversations with Sheva Carr and Robert Browning

From Grate-Full to Thanks-Giving; the Physiology of an Appreciative Heart



Sheva Carr is the founding CEO of Heart Ambassadors, an official training company for the Federation of International Civil Servants (FICSA).

Through Heart Ambassadors and in her role as CoVice President and UN Delegate Leader for United Nations Peace Messenger Organization Pathways to Peace, she has created and published education on trauma relief interventions. Sheva is the architect and director of HeartMath's HeartMastery Program. She speaks to people all over the world on how to access heart intelligence and peace of mind.



Robert Browning, PhD (h.c.) is Co-Vice President of Pathways to Peace, an official Peace Messenger to the United Nations & a Director and Senior Master Trainer for HeartMath Healthcare. He's provided education and training to more than 18,000 people in evidence-based research and tools to transform stress into resilience. Robert, designs and co-leads educational programs at: Stanford Health, Brigham & Women's (Harvard),

the Mayo Clinic and Kaiser Permanente. He is Faculty & Board Member for Watson Caring Science Institute and Adjunct Faculty, University of Colorado, College of Nursing

Nov. 20, 2020

11:30 a.m. to 12:30 p.m.

COMING DECEMBER 11, 2020

**Webinar 3: A Conversation
with Barbara Dossey,
PhD, RN, AHN-BC, FAAN,
HWNC-BC**

Healing Rituals
for Mindfulness,
Happiness, and
Resilience

11 a.m. to noon