



POSITIVE MINDSET FOR THE NEXT NORMAL

With Alice Inoue, Founder of Happiness U

Saturday, June 12, 2021

5:30 - 6:30 PM



EVENTS

Happiness U: Positive Mindset for the Next Normal

2021-04-14

Date: Jun 12, 2021

Time: 5:00 pm

Location: Online via Zoom

We invite you to join us for an inspirational talk by Happiness U founder Alice Inoue on how to embrace a positive mindset as we move into the "next normal."

No matter what is going on around us, it's what's going on inside our heads that determines our day-to-day experience. Her time with us will include ways to optimize the four sources of internal energy we draw from, how to elicit a deep sense of calm necessary for clear thinking, and proven ways to easily dissipate worry and stress. Come away with strategies to move through life with certainty, positivity, and productivity no matter what challenging circumstances you may find yourself in.

To RSVP, visit the IHS Eventbrite (click [HERE](#))