



MANAGING THE MONSTER IN YOUR BRAIN: A CRASH COURSE IN PERSONAL DEVELOPMENT AS A PROFESSIONAL SKILL

Students, recent graduates, and seasoned interpreters alike all know what it is to feel fear and self-doubt. This workshop will introduce concepts that can fundamentally change how you relate to failure and success. Join us if you are interested in cultivating courage, creativity and community. If you notice yourself making choices to 'stay safe' instead of embracing choices that grow you, it's time to manage the monster in your mind!



A MERGE Event

**Presented by
Arlyn Anderson and
Jenn Welna**

**September 30th
6:30-8:30 PM**

**St. Catherine
University
2004 Randolph Ave.
St. Paul, MN 55105**

Room TBA

IMPORTANT NOTE:

The presenters are interested in creating an environment that is both safe and courageous.

They request that participants bring their curiosity, humility, open-mindedness and a sense of humor so we can enjoy an uplifting exploration of what holds us back and what moves us powerfully forward.