



SUSAN DAVID, PhD

EMOTIONAL AGILITY

Get Unstuck, Embrace Change, and Thrive

*In her bestselling book, **Emotional Agility**, Harvard psychologist Dr. Susan David argues that tough emotions are the price we pay for a meaningful life. Parents who rush in to make it “all better” for an unhappy child often make it harder for that child to navigate life successfully. But in a challenging world, how do we empower our children to face setbacks with resilience and compassion, while staying true to their character and core values?*

Dr. David believes “the way we navigate our inner world—our everyday thoughts, emotions and self-stories—is the single most important determinant of life success.” She explains how emotional agility benefits every generation and is a skill that can be nurtured in even the youngest child. Children and teens taught emotional skills become better problem solvers, engaged learners and are at less risk for anxiety and depression.

Don't miss this opportunity to dive deep into her practical methods for getting the most out of life, for ourselves and our children—in relationships, at home, school, and work.

Tues, March 13, 9:30am

Gideon Hausner Jewish
Day School
Palo Alto

Wed, March 14, 9:30am

Yavneh Day School
Los Gatos

Wed, March 14, 7pm

St. Matthew's Episcopal
Day School
San Mateo

Dr. Susan David is an award-winning psychologist on the faculty of Harvard Medical School, the co-founder and co-director of the Institute of Coaching at McLean Hospital, and CEO of Evidence Based Psychology, a business consultancy. She has been featured in numerous publications, including *The New York Times* and *The Washington Post*, and advised senior leadership of hundreds of major organizations, including the United Nations, Ernst & Young, and the World Economic Forum.

Please arrive at least 15 minutes early to ensure seating.

All Common Ground Speaker Series events are free to the parents, faculty and staff of our member schools. Adults not affiliated with a member school may attend for a \$20 fee at the door. Speakers' books are available for purchase on site. Events are intended for an adult audience; children should not attend unless otherwise indicated in the marketing materials for a specific event. For directions and more information about Common Ground Speaker Series, visit our website: