Join us to briefly explore the framework of the “Organize Your Mind” model, which is based on the bestselling Harvard Health book, [Organize Your Mind, Organize Your Life](https://www.amazon.com/Organize-Your-Mind-Life-Train/dp/0373892446). We will explore strategies based on brain science, coaching science, and you will be invited to create a goal around a new habit so you can calm your mind to get more done in less time.

Kristine's Invitation: This program is designed to support you in finding and learning things you didn't know were possible. Like anything, what you as the participant can take from and be successful in is related to your level of presence, even if it is uncomfortable or you are feeling defiant. So, I invite and encourage all participants to turn their cameras on during this program, you matter!

**SPEAKER**: Kristine Berry

**TITLE**: Remove Your Inner Frenzy!

**DATE**: Tuesday, October 20, 2020

**TIME**: 7-8pm

**COST**: FREE for members & non-members!

**LOCATION**: ZOOM

**RSVP**: reply to this email address ([hdha.cdha@gmail.com](mailto:hdha.cdha@gmail.com)) to confirm your attendance & receive the ZOOM webinar link!