



Family Action Network (FAN), in partnership with the Alison Tobey Smart Memorial Fund at Kenilworth Union Church, Beacon Academy, Collaborative for Academic, Social, and Emotional Learning (CASEL), Center for Talent Development at Northwestern University, Chiaravalle Montessori School, ECGC Parent Committee at New Trier HS, Family Service Center, Family Service of Winnetka-Northfield, Glencoe D35, Highcrest Middle School and Wilmette Junior HS present:

Focus: The Hidden Driver of Excellence

Daniel Goleman, Ph.D.

Author, *Emotional Intelligence*; *Social Intelligence*, and the brand-new *Focus: The Hidden Driver of Excellence*
Co-Founder, Collaborative for Academic, Social, and Emotional Learning (CASEL)

Tuesday, November 19, 2013

7:00 PM

New Trier HS/Northfield

Cornog Auditorium

7 Happ Rd., Northfield

Next-Day Seminar!

**Renewing Our Sense of Calling:
Cultivating Inner Strength in
Ourselves and Our Children**

Linda Lantieri, M.A.

Director, The Inner Resilience Project, New York City

Author, *Building Emotional Intelligence*

Wednesday, November 20, 2013, 9:30-11:30 AM

New Trier HS/Northfield, Cornog Auditorium

7 Happ Rd., Northfield

All events free and open to the public.

CPDUs available.

INFO: familyactionnetwork.net





Center for Talent Development
Northwestern University



FOR IMMEDIATE RELEASE

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Tuesday, November 19, 2013, Focus: The Hidden Driver of Excellence, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. Modern life is full of disruption and interruption, and many of us live in a state of continuous partial attention, checking email while having dinner, talking on the phone while driving, texting while in a meeting. Is this what it means to flourish? It comes as no surprise that author, psychologist, and science journalist **Daniel Goleman, Ph.D.**, one of our nation's leading researchers of social and emotional intelligence, should turn his attention to the topic of, well, attention. He is the author of *Emotional Intelligence* (1996), *The Emotionally Intelligent Workplace* (2001), *Social Intelligence* (2006), and *Leadership: The Power of Emotional Intelligence* (2011). In his brand-new book, *Focus: The Hidden Driver of Excellence*, Dr. Goleman explores multiple manifestations of focus: concentration, selective attention, open awareness, self-awareness, empathy and systems awareness, categorizing these as inner, other, and outer focus. All three require listening and attention skills, the ability to absorb feedback, correct errors and add new learning.

For this presentation, Dr. Goleman will explain concepts and mental training techniques, such as mindfulness meditation, focused preparation and resilience, and the importance of competence over intelligence. Long lauded for his views on the "emotionally intelligent leader," he posits that a well-focused leader can blend together self-awareness (inner), social intelligence (other) and big-picture thinking (outer). This drives excellence not only for leaders, but also for anyone seeking a well-lived life, the "serious play" we most need.

NEXT-DAY SEMINAR: Wednesday, November 20, Renewing Our Sense of Calling: Cultivating Inner Strength in Ourselves and Our Children, 9:30-11:30 AM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. Presented by Linda Lantieri, MA, Director, The Inner Resilience Project in New York City. This presentation discusses how we can nurture our own sense of purpose and vision and create opportunities for reflection and personal renewal for ourselves and others in our life and work. We will explore how we as adults can cultivate the habits of mind, body, and heart it will take to continually relieve the pressure that we all face. Ms. Lantieri is one of the co-founders (along with **Daniel Goleman, Ph.D.** and **Roger Weissberg, Ph.D.**) and presently a Senior Program Advisor for the **Collaborative for Academic, Social, and Emotional Learning (CASEL)**, now at the **University of Illinois at Chicago**. She is the author of *Building Emotional Intelligence* (2008).

Sponsored by the **Family Action Network (FAN)**, in partnership with the **Alison Tobey Smart Memorial Fund** at Kenilworth Union Church, **Beacon Academy** (opening fall of 2014), the **Collaborative for Academic, Social, and Emotional Learning (CASEL)**, the **Center for Talent Development** at Northwestern University, **Chiaravalle Montessori School**, the **ECGC Parent Committee** at New Trier High School, **Family Service Center**, **Family Service of Winnetka-Northfield**, **Glencoe D35**, **Highcrest Middle School**, and **Wilmette Junior High School**. CPDUs available for education professionals. This program is free and open to the public. Visit www.familyactionnetwork.net for more information.

FAN is grateful for the support of its 2013-14 financial sponsors **Compass Health Center**, **Evanston Township High School D202**, **Evanston/Skokie D65**, **New Trier High School D203**, **North Shore Community Bank**, the **Ounce of Prevention Fund**, **The Family Institute at Northwestern University**, the **Martin & Mary L. Boyer Foundation**, **Tina & Byron Trott**, and our in-kind sponsors **Acclaim Media**, **The Book Stall at Chestnut Court**, and **Turing Group**.

