



The Art of Insubordination: How to Dissent and Defy Effectively Todd Kashdan, Ph.D.

Professor of Psychology and Director of the Well-Being Lab, George Mason University. Author, *Curious?* and *The Upside of Your Dark Side*.

Jane McGonigal, Ph.D.

Director of Game Research and Development at the Institute for the Future. Bestselling author of *Imaginable*, *Reality is Broken*, and *SuperBetter*.

Wednesday, May 4, 2022, 7:00 PM Central

www.bit.ly/KashdanFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *The Art of Insubordination* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Kashdan. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**, in partnership with

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This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: TODD KASHDAN, Ph.D.

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Wednesday, May 4, 2022, 7:00-8:00 PM, The Art of Insubordination: How to Dissent and Defy Effectively, a FAN webinar featuring Todd Kashdan, Ph.D. in conversation with Jane McGonigal, Ph.D.

REGISTER: www.bit.ly/KashdanFANWebinar

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *The Art of Insubordination* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Prof. Kashdan that will start immediately after the webinar. Details on the webinar registration page.

For too long, we painted a dark picture of insubordination. A word defined as someone who is a problem. However, there is untapped value in embracing and permitting principled rebels.

For ideas to evolve and for societies to progress, we desperately need rebels to challenge conventional wisdom and improve on it. Unfortunately, most of us fear non-conformists, perceiving them as disloyal, reckless, or just plain *weird*. Because most would-be rebels lack the strength and skills to overcome hostile audiences, principled insubordination remains an under-leveraged asset in the workplace and public square.

In *The Art of Insubordination: How to Dissent and Defy Effectively*, Todd Kashdan, Ph.D. presents a guidebook for anyone seeking constructive influence when making change and rebelling against an unhealthy status quo. He offers evidence-based strategies to become better allies of our leaders in change, ensuring that the best ideas, products, and solutions survive and win the day. Filled with fresh and engaging stories about dissenters in the trenches as well as science that will make you see the world in a different way, he explores topics that are central to productive conflict and the design of healthier societies: courage, curiosity, creativity, psychological strengths, mental agility, resilience, and well-being.

A Professor of Psychology at George Mason University, and a leading authority on well-being, curiosity, courage, and resilience, Prof. Kashdan has published over 200 scientific articles, and he received the American Psychological Association's Award for Distinguished Scientific Early Career Contributions to Psychology. His books *Curious?* and *The Upside of Your Dark Side* have been translated into over 15 languages. His writing has appeared in the *Harvard Business Review*, *National Geographic*, and other publications, and his research is featured regularly in media outlets such as *The New York Times*, *The Atlantic*, *Fast Company*, and *Time Magazine*.

Prof. Kashdan will be in conversation with **Jane McGonigal, Ph.D.** (FAN '22), Director of Games Research and Development at the **Institute for the Future** and author of the new book *Imaginable: How to See the Future Coming and Feel Ready for Anything—Even Things That Seem Impossible Today*.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

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