



(For Leeward CC students, faculty, and staff)

SUCCESS CONNECTION WORKSHOP

Self-Talk for Success

Wednesday, 3/1/2023

12:00 - 1:00 p.m.

via ZOOM

Presented by **Christian Gilbert**

Uncertainty and overwhelm can feel commonplace over the last year. This session will show you how to spot the default self-talk that can drive our pessimism and procrastination. Learn three simple intrapersonal techniques to flip the script so you can get more done and feel better doing it.

[Zoom RSVP Link](#)

Zoom link and password also posted on the [Writing Center website](#)

Review sessions for past SC Workshops: go.hawaii.edu/983

Information about upcoming workshops: go.hawaii.edu/Gp8