



(For UH students, faculty, and staff)

## SUCCESS CONNECTION WORKSHOP

### Self-Talk for Success

Wednesday, 11/1/2023

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](https://go.hawaii.edu/983)

Information about upcoming workshops: [go.hawaii.edu/Gp8](https://go.hawaii.edu/Gp8)