

CDSN CAREER DEVELOPMENT SPECIALISTS NETWORK

Founded in 1978 by Carol Feit Lane as a forum for professional Career Counselors
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CDSN Monthly Meeting

Date: March 19, 2015

Place: Science, Industry, Business Library (SIBL), 188 Madison Ave, between 34th and 35th Streets. Meeting room is on lower level. Signs will be posted. In order to enter the building before 10AM, tell security guard that you are with CDSN.

Time: 9:45AM to 12 PM (Networking and coffee at 9:45AM)

Topic: Debunking the Myths of Positive Thinking

Join us on Thursday, March 19 when our special guest speaker, **Emiliya Zhivotovskaya**, MAPP, PCC, ERYT will debunk the myth of positive thinking and introduce us to the power of optimistic thinking. Her presentation, based on two decades of study will discuss how optimistic thinking affects the body and the mind and how it can build resilience for individuals and organizations. She will introduce us to specific tools we can use both for ourselves and in working with our clients, helping them to remain more resilient in job search, transition, career and life changes.

Speaker Bio:

Emiliya Zhivotovskaya, MAPP, PCC, ERYT is a graduate of Martin Seligman's Master of Applied Positive Psychology (MAPP) program, the first of its kind, at the University of Pennsylvania. Graduating summa cum laude, she has gone on to create the Certification in Positive Psychology program through her company, The Flourishing Center. Emiliya is also currently pursuing her Ph.D. in Mind-Body Medicine at Saybrook University where she is on the graduate faculty.

Emiliya is widely acclaimed for her striking ability to share the transformative power of positive psychology, deliver actionable and specific strategies that yield tangible, measurable results. She will share these ideas in a wonderfully engaging and entertaining way.

www.emiliya.com

www.thefourishingcenter.com

www.certificateinpositivepsychology.com

The meeting will be moderated by **Renee Rosenberg**, MA, LMHC, CDSN board member. Renee is a career counselor, professional speaker and author. Her book, *Achieving the Good Life After 50*, has helped many to move into satisfying, successful lives and career changes after the age of 50. Renee hopes you will plan to attend this fun, informative, and perhaps life-changing meeting.

We look forward to seeing you on Thursday, March 19.

Questions? Judy.goldberg@verizon.net