

NEIGHBORHOOD LEADERSHIP GATHERING



Survival Tips in Times of Stress

You are invited

Thursday, **Feb. 25** • 6:30–8 p.m.
Virtual meeting through ZOOM



2020 was a year of uncertainty, stress and change. Adaptability and resilience were essential. For the year ahead, these skills will also likely shape how we bring out the best in people and create

stronger, healthier neighborhoods and communities.

Join Robin Rose and learn how to stay calm, centered, effective and more resilient – especially during high-stress times. Rose brings 30 years of experience exploring the frontiers of leadership and neuroscience. She understands the stress human beings can

endure. Rose teaches a rare and scientific approach that teaches people how their brains work, so they can think, act and communicate at their highest proficiency. She translates brain science into practical and useable information and skills.

Whether it is stress in the workplace, managing remote learning for children, adapting to a virtual world or just maintaining human connections, Rose will help participants understand their emotional responses, and come away with practical tools they can put to use right away.

Anyone invested in the health and quality of life in their Bellevue neighborhood is welcome.

RSVP to receive ZOOM link to neighborhoodoutreach@bellevuewa.gov or 425-452-6836.



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-5372 (voice) or email jellenhorn@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.