

Twin Cities Adult Education Alliance

SPRING WEB-BASED SEMINAR:

Finding Calm in the “I” of the Hurricane of Uncertainty

Tuesday, April 26th
11:30am-12:30pm

We are all in a state of transition whether it be returning to school as an adult, starting a new career, losing our job, wanting to take the risk to do something we've always wanted to do, or all of the above. This webinar will address these common challenges and other questions including:

- Why am I afraid to take the risk to do what I have always wanted do?
- How can I go into the uncertainty of the future with confidence?
- How do I find calm when my life and everything I know is changing?

FREE!

Register at www.tcaea.org

iPad Give-away

All registered participants are entered into a drawing to win an Apple iPad!



About the presenter

Joe Bailey is an author and public speaker. He has extensive knowledge in the areas of counseling, teaching and consulting to individuals and organizations. Joe is the author of five books including *Slowing Down to the Speed of Life* (Harper Collins, 1996) coauthored by Richard Carlson and *Fearproof Your Life* (Conari Press, 2007). More about Joe Bailey can be found at www.joebaileyandassociates.com.

About the Twin Cities Adult Education Alliance

The TCAEA is an alliance of colleges and universities that offers educational opportunities for working adults in the Twin Cities metro area.

Whether you are an adult looking for more information about adult-friendly learning opportunities in the Twin Cities, or an employer who recognizes the value of a well-educated work force, we can help.