In celebration of

Asian Pacific Islander Heritage Month

The Good Idea Fund Presents:

CALM CLARITY®

Master your mind.

Be your best self.

Friday April 29, 2016

4:00 to 6:30 pm

Mitchell Auditorium

Bossone Research Center

3126 Market St Philadelphia, PA 19104

RSVP here: http://tinyurl.com/ CalmClarity-Drexel

Learn more: calmclarity.org

Sponsored by

the Good Idea Fund

DREXEL UNIVERSITY
Student Life
Student Center for Inclusion & Culture

The Calm Clarity Mindful Leadership Program helps you perform at your peak and bring your best self to any situation.

This workshop will teach you how to:

- think clearly and make effective decisions
- be more creative, innovative and collaborative
- build resilience and bounce back from stress

About Calm Clarity

Calm Clarity is a social enterprise that uses science to share the benefits of mindful leadership in companies and in under-served communities. **We help close the education divide by training students to overcome adversity and toxic stress.** Learn more: calmclarity.org

The founder, Due Quach, was a refugee from Vietnam who overcame poverty and post-traumatic stress disorder to graduate from Harvard College and the Wharton MBA Program. She built a successful international business career in management consulting and private equity investments. Due developed Calm Clarity by synthesizing valuable life lessons with insights from contemplative wisdom, neuroscience, and behavioral economics.