## The Thinkery Pete Rogers Presents:

## Daring To Be Yourself: the risks and opportunities of more authentic living.

Daring to be truly alive may be the most courageous emotional task we endeavor as humans. Come and explore with Pete Rogers, in a fast paced, humorous, and interactive environment, some of the most frustrating challenges that often keep us unsatisfied, unhappy, and unwell.

What are some strategies we can use to work through (and with) some of these challenges that keep us from more authentic living?

Pete Rogers holds advanced degrees in Religious Studies, Clinical Psychology and Counselling Education. He is an organizational consultant and English teacher, who also enjoys exceptional company, hearty meals (paired with a delicious bottle of wine), and dance.

Tuesday, November 18th 7:30pm @ Grub and Groove (G&G)

## How to find us:

Bldg 2, 283 Jianguo Xi Lu, near Jiashan Lu 建国西路283号, 尚街X楼, 近嘉善路 Nearest subway stop: Jiashan Road (line 9)

