



virtual **ATHENIAN DIALOGUE**

audio or paperback book:

THIS IS ME - Chrissy Metz

Loving the Person You Are Today

Wednesday and Thursday March 5 & 6, 2025

9am - 12:30pm [Eastern Standard Time Zone]

\$xx per person

In This is Me, Chrissy Metz shares her story with a raw honesty that will leave readers both surprised but also inspired. Infused with the same authenticity she brings to her starring role, Chrissy's This is Me is so much more than your standard Hollywood memoir or collection of personal essays. She embraces the spirit of Shonda Rhimes' Year of Yes, and shares how she has applied the lessons she learned from both setbacks and successes. A born entertainer, Chrissy finds light in even her darkest moments, and leaves the reader feeling they are spending time with a friend who gets it.

What is an Athenian Dialogue?

Athenian Dialogues explore leadership principles and practice, drawing on the insights contained in a book that all participants have read. Dialogues are conversations in which we have the opportunity to share our experience and understanding as it relates to the ideas of the author and the relevance of those ideas to their public leadership role.

Read the book, participate in class and complete assessment – earn 3 CMC or MMC points

Athenian Dialogue Facilitator: Dawn Michanowicz, MMC, CMMC

Dawn is a Master Municipal Clerk and a popular facilitator bringing creativity, joy and humor to her seminars. After working 45 years, she is retired and pursuing her passions: teaching, traveling, skiing and sharing quality time with old friends. She worked 20 years in local government before retiring as a Master Town Clerk in Massachusetts. Raised overseas, her dream was to join the US Foreign Service. In the 1970's discrimination against women prevented that. After college she moved to New York City, eventually starting her own import/export company. When her health began to fail, she discovered holistic modalities that changed her life. Today she is an Advanced Practitioner of *Energy Medicine*. She readily shares her mindfulness nuggets at the dialogues and in her seminars.

She loves sharing knowledge and does so in a way that is thought-provoking and challenging, encouraging participation and understanding of the subject book, insuring participants come away with new ideas, motivation and leadership skills. If you have any questions, she is available at: (774)364-1099.

Virtual **ATHENIAN DIALOGUE REGISTRATION FORM**

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Name: _____

Title/Town: _____

Office/Cell Phone: _____

Email: _____

Contact:

Tel:

Email:

Deadline to register is _____