

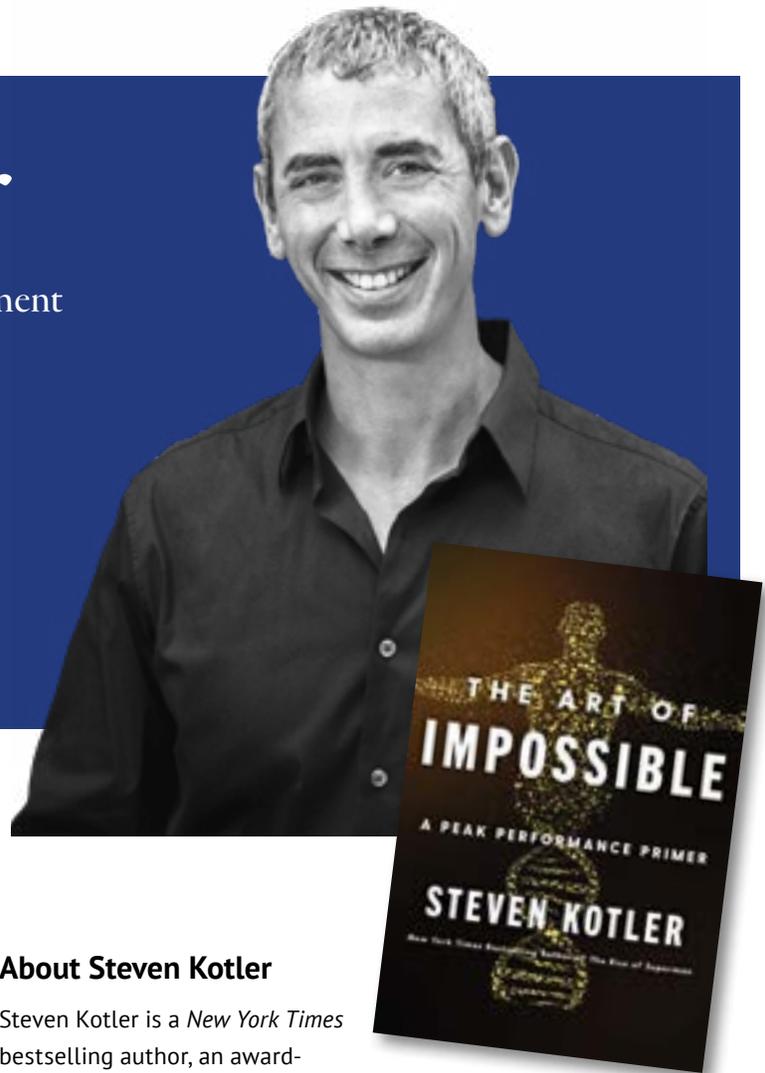
D-E Parents' Association proudly presents
A Parent Education Evening Zoom Event featuring

Steven Kotler

Finding Flow: Developing Resiliency and Fulfillment
in the time of COVID

Founder/Executive Director, Flow Research Collective, and
Author, *The Art of Impossible: A Peak Performance Primer*

March 15, 2021, 7:00 PM
Zoom Link provided following RSVP



To RSVP, scan the QR code below or
go to bit.ly/DEStevenKotler

About Aol (Art of Impossible)

- “Peak performance” is the stage that comes after resilience, when you grow and transform yourself beyond your highest expectations. “Peak Performance” can be found in extreme sports, but also in business and in life!
- With resilience you learn to overcome difficult circumstances. By developing the right mindset, we all can move on to the next stage: thriving.
- How can we take advantage of life's biggest challenges (e.g. pandemic, social unrest, political and economic instability) -- to develop the grit and core skills that will enable us to both overcome these challenges AND fully embrace them as opportunities for growth, personal exploration and excellence?
- Join us for an exciting virtual discussion with Art of Impossible author Steven Kotler, to learn more and talk through how “utterly uncomfortable and impossible circumstances” can actually lead you to great success and fulfillment in life!

About Steven Kotler

Steven Kotler is a *New York Times* bestselling author, an award-winning journalist, and the Executive Director of the Flow Research Collective. He is one of the world's leading experts on human performance. He is the author of nine bestsellers (out of thirteen books total), including *The Art of Impossible*, *The Future Is Faster Than You Think*, *Stealing Fire*, *The Rise of Superman*, *Bold and Abundance*. His work has been nominated for two Pulitzer Prizes, translated into over 40 languages, and appeared in over 100 publications, including the *New York Times Magazine*, *Wired*, *Atlantic Monthly*, *TIME* and *the Harvard Business Review*. Steven is also the cohost of Flow Research Collective Radio, a top ten iTunes science podcast. Along with his wife, author Joy Nicholson, he is the cofounder of the Rancho de Chihuahua, a hospice and special needs dog sanctuary.



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Questions? Email pa@d-e.org

