



**JOIN US on OCTOBER 22**  
**At The Barbara Kirklauskas '60**  
**InHER Circle Speaker Series**  
**for an engaging program with**

***Ginny Moylan Certified Teen Wisdom™***  
***Life Coach for Teens and Young Adults***

**Don't Believe Everything You Think!**  
**Tips and Strategies for Taking Charge of Your Thoughts**  
**and Mindset to Achieve Your Goals**

Explore the powerful influence of our thoughts on our daily lives and decision-making. Gain a deeper understanding of how thoughts shape your experiences and choices. Learn practical tools and strategies to cultivate a positive mindset and reframe negative thoughts.

This program is presented in partnership with NDA's Wellness initiative & Active Minds Club and is designed for students in grades 7-12, families, and community members.

**Tuesday, October 22, 2024 at 6:30 PM**

**Cuvilly Auditorium**

**Notre Dame Academy | 425 Salisbury Street Worcester, MA**

**Register by October 21st for this free event!**



Pre-Event Social hosted by the NDA Alumnae Association  
in the Sr. Justina Daley Learning Commons at **5:30 PM**