

Please join us in
welcoming Dave Mochel
as the second speaker
in our 2019-2020
LINCWell Speaker Series.

**Wednesday,
January 22, 2020
7:00 p.m.**

Reserve your seat today at
scs.on.ca/performances

St. Clement's School
21 St. Clements Ave.
Toronto, ON M4R 1G8

We hope to see you there!

Please join us in welcoming Dave Mochel, founder of Applied Attention Coaching and Consulting, as we learn to get comfortable with being uncomfortable. The research is clear – our obsession with comfort is a major contributor to rising rates of stress, anxiety, depression, and loneliness. Instead of struggling against discomfort, we need skills for responding to it peacefully and powerfully. Dave Mochel will discuss principles, practices, and language to help our students (and ourselves) find perspective, purpose, and joy in the midst of discomfort.

The LINCWell Team
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**ST. CLEMENT'S
SCHOOL**

Passion. Courage. Curiosity.



“The reality is, no matter how smart, funny, accomplished, beautiful, wealthy, or popular you are, you are going to experience pain, upset, loss, disappointment, fatigue and many other forms of social, physical, and emotional discomfort.”

Dave Mochel
At SCS.
