

Two day special event with

Rachel Simmons

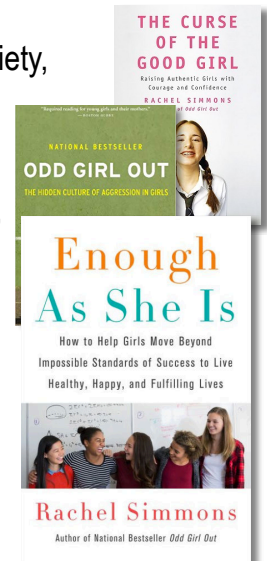
ENOUGH AS THEY ARE: *HELPING TEENS MOVE BEYOND THE IMPOSSIBLE STANDARDS OF SUCCESS*

Teens may seem more successful today, yet they've also never struggled more with anxiety, stress and depression. Rachel Simmons will tackle these topics during two presentations.

Simmons translates the toxic messages about achievement that teens have internalized and teaches parents how to help young people practice self-compassion, redefine success, pursue purpose, and most importantly, let them know they are enough as they are.

Simmons, who has been researching and inspiring young women for two decades, is the author of "Enough as She Is" and the New York Times bestsellers "Odd Girl Out" and "The Curse of the Good Girl."

Simmons will share the strategies to help girls and boys overcome brutal self-criticism, an acute fear of failure and feelings that they will never be smart enough, successful enough, attractive enough, thin enough or popular enough. She will share practical parenting wisdom, including teaching teens how to manage overthinking, resist the constant urge to compare themselves to peers, take healthy risks, navigate negative elements of social media, prioritize self-care and seek support when needed to not just survive but thrive.



7 pm, Tuesday, January 29, 2019

College of DuPage MacAninch Arts Center 425 Fawell Blvd., Glen Ellyn, IL 60137



12 pm, Wednesday, January 30, 2019

Marquardt Administration Center 1860 Glen Ellyn Road, Glendale Heights, IL 60139

Students are encouraged to attend.

These programs are free and open to the public. CPDUs are available.

