

# ANNOUNCING

## The 2024 BBS Living and Learning Series *12 Transforming Thirty-Minute On-Line Events*

<b>Date</b>	<b>Title</b>	<b>You will learn ...</b>
January 31	Living in the Present	... that today is when you make a difference
February 28	Living in Integrity	... the inner peace of holistic choices
March 27	Living in Respect	... the beautiful choice to respect everyone
April 24	Living Optimistically	... the joy and blessing of hope
May 29	Living Proactively	... the stability of owning your choices
June 26	Living Principle Centered	... the compass that directs your life
July 31	Learning to Say No	... the freedom to truly serve others
August 28	Learning to Collaborate	... the reward of working as a team
September 25	Learning to Solve Problems	... the satisfaction of resolving issues
October 30	Learning to Master Self-Talk	... the power of talking vs listening to yourself
November 27	Learning to Reinvent Yourself	... the creative fun of choosing and changing
December 18	Learning to Embrace Change	... the confidence to navigate what comes

These free events are sponsored by the Ashland Alliance, and the Portsmouth OH, Maysville KY, Grayson KY, and Adams Co. OH Chambers of Commerce. They are broadcast live via zoom on the last Wednesday of every month at 8:30 to 9:00 AM EST. You can register for each event on-line at [www.mentordavebeam.com/events](http://www.mentordavebeam.com/events). Once you have registered for an event, you will receive a zoom invitation and event link via e-mail. While visiting the BBS website, you can also enjoy reviewing the article library, sign up to receive Dave's weekly newsletter article, and access YouTube links to over 40 hours of recorded BBS sessions. All these resources are provided at no cost to you.