Enough As They Are: Helping Students Move Beyond the Impossible Standards of Success

Rachel Simmons
INTERNATIONALLY RECOGNIZED AUTHOR & EDUCATOR

Students have never been more successful, yet they’ve also never struggled more with anxiety, stress and depression. In this talk, Rachel translates the toxic messages about achievement that students have internalized, and teaches parents the tools to help them practice self-compassion, redefine success, pursue purpose, and—most importantly—let them know they are enough as they are.

SEPTEMBER 25
7:30 PM

Congregation BJBE
1201 Lake Cook Road, Deerfield

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