



The Leadership Initiative

(An Illinois 501(c)(3) - Not-for-Profit Organization)

Saturday, Apr. 6, 2024, Session Summary - "Mindfulness & Emotional Regulation..."

When: Saturdays – 10:00 a.m. until 12:15 p.m.

Where: Naperville North High School; ALIVE, Naperville Teen Center; or via ZOOM

Mindfulness & Emotional Regulation... – April 6th, (Facilitator: Miss Brittney Shurn)

On Saturday, TLI was pleased to welcome Miss Brittney Shurn, an Information Technology Professional and Writer, to facilitate our session. Miss Shurn led an interactive presentation & discussion on the therapeutic technique of Mindfulness & Emotional Regulation (I.e., *The ability to exert control over one's own emotional state*). Miss Shurn opened the session by sharing her background, then had each student introduce themselves, share their fears, extra-curricular activities, and methods they employ to relax. Miss Shurn also had students take part in a competitive team activity, and volunteer for several role-play scenarios which highlighted their ability to sell, be innovative, and resolve a complex business matter.

Our sincere appreciation is extended to Miss Shurn for again taking time away from her busy schedule to prepare and deliver such a phenomenal presentation.

Our Next Mentoring Session will be held:

- **Saturday, April 20th, 10:00am – 12:15pm**
- **Naperville North High School - 899 N. Mill St., Naperville 60563**

Topic: "Financial Literacy – Money, Banking & Credit" (Led by: Mr. Davis & Mr. Demming)

The Leadership Initiative appreciates Tax Deductible Donations. All Donations are applied to Youth Programming, Field Trips, and Scholarships for Mentees graduating from both TLI's Mentoring Program and High School, and who demonstrate intent to further their education at the post-secondary level. Donations can be made by either mailing a check to: The Leadership Initiative - 3440 Butler Walk, Naperville, IL 60564, or by visiting our website at:

- <https://www.TheLeadershipInitiative2019.org> and clicking the **Donate** button.

(Upon receipt of your Donation, a Letter of Confirmation will be forwarded for your records.)

Questions pertaining to the content of this Summary may be forwarded to my attention.

Yours very truly,

AD

Albert G. Demming, President

The Leadership Initiative

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