

# LUNCH+LEARN



12:00 - 1:00 p.m.

CONSCIOUS DISCIPLINE

2024-2025

**10/16**

**Chapter 7: The Skill of Choices and the Power of Free Will**

<https://bit.ly/3TY96iH>

**11/20**

**Chapter 8: The Skill of Empathy and the Power of Acceptance**

<https://bit.ly/3TY96iH>

**12/18**

**Chapter 9: The Skill of Positive Intent and the Power of Love**

<https://bit.ly/3TY96iH>

**1/15**

**Chapter 5: The Skill of Assertiveness and the Power of Attention**

<https://bit.ly/3TY96iH>

**2/19**

**Chapter 6: The Skill of Encouragement and the Power of Unity**

<https://bit.ly/3TY96iH>

**3/19**

**Chapter 7: The Skill of Choices and the Power of Free Will**

<https://bit.ly/3TY96iH>

**4/16**

**Chapter 8: The Skill of Empathy and the Power of Acceptance**

<https://bit.ly/3TY96iH>

**5/21**

**Chapter 9: The Skill of Positive Intent and the Power of Love**

<https://bit.ly/3TY96iH>

**6/18**

**Chapter 10: The Skill of Consequences and the Power of Intention**

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