



Join us for a SOMO double-header on

SOMO SCIENCE OF SUCCESS

Tuesday, February 7

6:00-7:30 pm

SOMO 101 INTRO LAB

7:45-9:15 pm

SOMO MOJO

Come in for an intro (or refresher!) to SOMO as we introduce opportunity vs. threat construct & provide an evolutionary and neurobiological understanding of why it's important we learn how to think differently. Learn what science says about how happiness is built.



Tired of the annual unmet New Years Resolution? Research shows that only 8% of people regularly meet their New Years Resolutions they set for themselves. Why? Because setting a resolution is not the same thing as setting a goal. If you're tired of always setting goals but rarely meeting them, this lab is for you!

@Trinity Commons
(2230 Euclid, free parking)

All are welcome – and a friend!
No cost but donations to SOMO CLE are welcome from those who can.

For more information on the movement, visit www.somoleadershiplabs.com

SOMO Leadership© is an emergent, socially constructed positive intervention, designed to affect a viral web of sustainable growth in Cleveland. This lab brought to you by:



Center for Consciousness and Transformation

