

# TOP 20 TRAINING

**MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT.**

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## **Living Above the Line: How Our Thinking Governs Our Experience**

This session focuses on becoming aware of our thinking so we know when it is working in our best interest and when it is not working. It explores (1) the conditions that come up in our life that invite us to go Below the Line, (2) indicators telling us when we are Below the Line, (3) how to handle Below the Line experiences with more grace and dignity and (4) how to trampoline back Above the Line.