

Spring Athenian Dialogue

Monday, April 20, 2020 – 8:30 a.m. – 4:00 p.m.

American Sports Center

744 N. 114th Avenue, Avondale, AZ, 85323

Option B: Facing Adversity, Building Resilience and Finding Joy
by Sheryl Sandberg



FACING ADVERSITY,
BUILDING RESILIENCE,
AND FINDING JOY

#1 NEW YORK TIMES BEST-SELLING AUTHORS

SHERYL SANDBERG

LEAN IN

ADAM GRANT

ORIGINALS

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. “I was in ‘the void,’” she writes, “a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe.” Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build.

Option B combines Sheryl’s personal insights with Adam’s eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But *Option B* goes beyond Sheryl’s loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.

Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. *Option B* illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. “I want Dave,” she cried. Her friend replied, “Option A is not available,” and then promised to help her make the most of Option B.

We all live some form of Option B. This book will help us all make the most of it.

(Excerpt from Amazon)



REGISTRATION

(includes lunch)

Early Bird (deadline: March 20, 2020)

AMCA Members \$85

After March 20, 2020

AMCA Members \$95

Non-Members \$100

To register please click on the following link: [register here.](#)

**Limited to 30 participants*
Registration will close once participation has*

POINTS

3 CMC/MMC points
(with completion of learning assessment)

Participants are required to purchase their own book and read prior to the dialogue.

QUESTIONS:

AMCAInfo@azleague.org

FACILITATOR:

Dr. Jane Long

Option B is available through Amazon. Support the IIMC Foundation by selecting [IIMC Foundation](#) when you click on smile.amazon.com. Amazon will donate a portion of the purchase price to IIMC Foundation to support continuing education for municipal clerks.

About the Facilitator: Dr. Jane Long

Dr. Jane Long is an experienced educator and consultant with a unique background which blends together HR and higher education. Her expertise is in training design, development, and delivery, especially in the development and delivery of online learning. Dr. Long is also very skilled with technology, providing software training and support for numerous application software programs. In addition, she holds a Microsoft Office Specialist certification.

Experience

Prior to working as IIMC's Director of Professional Development, Dr. Long served as a higher education administrator for fourteen years. Dr. Long has taught both online and on campus for several colleges and universities, having developed courses in leadership, management, strategic planning, project management, career planning, and numerous software applications.

Education

Dr. Long completed her Doctorate of Education in Organizational Leadership at the University of Laverne in Southern California. She also holds a Master of Science in Professional Leadership from Carlow University in Pittsburgh, Pennsylvania, and a Bachelor of Business Administration in Human Resource Management from the University of Toledo in Toledo, Ohio.

Athenian Leadership Dialogue

Leadership Dialogues are conversations that exceed the usual knowledge recall and application process familiar to all Municipal Clerks in training seminars. They explore leadership principles and practices, drawing on the insights contained in a book that all participants have read. Dialogues focus on helping develop critical thinking skills and increasing leadership ability. See the IIMC website, www.iimc.com for more information on this unique program.