

## Unlocking Creativity, Productivity & Joy During Challenging Times

Speaker: Dr. Shelly Mahon, Ph.D., Executive Director of PEN

*"The best moments in our lives are not the passive, receptive, relaxing times . . . The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile" (Csikszentmihalyi, 1990).*

Challenging times require us to be flexible, hopeful, and creative. Today's schedules, routines, and priorities have changed, giving us an opportunity to dig deep, be resourceful, and adjust the way we live to fit the new normal. While these changes have been easier for some than others, we all get the same choice – be a victim to the circumstances or reevaluate how to be productive and happy in the midst of uncertainty.

How can we transform these challenging times into some of the best moments of our lives?

The answer is FLOW.

Join Dr. Shelly Mahon in discovering what FLOW is and how you can use it to unlock creativity, productivity and joy. Sometimes described as "being in the zone", FLOW is the experience of being happily lost, focused and engaged in an activity that is challenging and important, but not outside the realm of possible. It provides a context in which learning and growing is enjoyable and within your control. It is a mental state that you can learn to cultivate and use to your advantage. Together we will explore what is important to you and the triggers that will help you unlock FLOW in your life.

*Presentation Appropriate for Adults/Parents*



Dr. Shelly D. Mahon is the Executive Director of The Parent Engagement Network. She holds a Ph.D. in Human Development and Family Studies, with a minor in Prevention Science and specialties in adolescent development, risk and resilience, program development and evaluation, and parent-child relationships. With over 25 years of experience working with youth and families in a variety of contexts, Shelly believes that PEN provides a context in which parents can both celebrate their accomplishments and have constructive conversations when real issues arise. Shelly has been the Executive Director since 2015.

**Access Dr. Shelly Mahon's Keynote Presentation  
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