

SPIN TALKS

Personal Development - and a New Perspective -
In 20 Minutes or Less



Last Friday of the Month @ 11am Downtown Fitness Center

Turn your morning break into an opportunity for personal development with Ted Talks at the Downtown Fitness Center! Watch a 20-min Ted Talk on our new TV Screen with an optional opportunity to use the spin bikes or stability ball to engage your body as well as your mind.

- Get a new perspective from industry experts;
- Feed your brain during a short break from work;
- Improve your memory, relieve stress, and develop critical thinking skills.

February 28	Why We Must Do New Things to Live a Happier Life Lu Ann Cahn (13 min) - Intrigued by her daughter's suggestion Lu Ann took her up on it: she overcame her midlife routine with a passion to do something new every day. The resulting adventures, stories, and heart-grabbing moments are highlighted in this compelling talk.
March 27	Forget Big Change, Start With a Tiny Habit BJ Fogg (18 min) - BJ Fogg shows us that the key to lasting change does not lie in planning big, monumental changes, but in thinking really, really small.
April 24	What I Learned From 100 Days of Rejection Jia Jiang (15 min) - By seeking out rejection for 100 days -- from asking a stranger to borrow \$100 to requesting a "burger refill" at a restaurant -- Jiang desensitized himself to the pain and shame that rejection often brings and, in the process, discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.
May 29	Listening to Shame Brene Brown (20 min) - Shame is an unspoken epidemic, the secret behind many forms of broken behavior. Brené Brown explores what can happen when people confront their shame head-on.
June 26	Why Winning Doesn't Always Equal Success Valorie Kondos Field (16 min) - As the longtime coach of the UCLA women's gymnastics team, Valorie won championship after championship and has been widely acclaimed for her leadership. In this inspiring talk, she shares the secret to her success. Hint: it has nothing to do with "winning."