

Adult Programs for Libraries



PERSONAL
DEVELOPMENT



RELATIONSHIPS &
COMMUNICATION



SOCIAL & GLOBAL
DEVELOPMENT

Adult Programs for Libraries

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Transformative Adult Programs for Libraries



Dear Program Director,

As a dedicated advocate for **personal growth and community development**, I offer engaging and insightful programs focused on **personal development, communication, relationships, and global well-being**.



Libraries play a vital role in lifelong learning, and I would love to collaborate to enrich the lives of your patrons.



Book a session today and empower your community —spots fill quickly!



 **Schedule a free 15-minute consultation to find the best program for your library.**

Sandy Hinden

Program Categories & Offerings



- Each program is **1.5 hours** long.
- **Fees:** The fee is \$200 on Zoom and \$250 in person.
- **Conversation Circles:** \$100 on Zoom and \$150 in person.



- **Choose a program and contact me for a full description.**
- **The Effective & Enjoyable Communication & Conversation Skills program is 2 hours for the public.**



- **It can be presented for staff in 3, 1-hour sessions for \$375.**
- 💡 **Book 3+ programs and receive a 10% discount!**

PERSONAL DEVELOPMENT



Helping
individuals
**unlock potential,
increase wellness,
and find success**

1. **Positive Habit Improvement**
Practical steps to create lasting positive habits.
2. **Weight Loss with a Dash of Humor**
A fun, lighthearted approach to healthier living.
3. **Self-Compassion & Self-Care**
Tools for inner kindness and emotional balance.
4. **Creating or Revising Your Bucket List**
Living life with purpose and excitement.
5. **Mindful Meditation for Peace & Wellbeing**
Cultivating inner peace through mindfulness.
6. **Meaningful, Purposeful, Creative Living**
Designing a fulfilling and inspired life.
7. **Wisdom & Meeting the Wise One Within**
Connecting with your inner wisdom.
8. **Anger Management & Self-Regulation**
Strategies to control emotions and reactions.
9. **Executive Functions of the Brain**
Enhancing focus, memory, and decision-making.
10. **Great Lessons Learned from Life**
Extracting wisdom from past experiences.

RELATIONSHIPS & COMMUNICATION



Equipping
individuals with
stronger
communication and
interpersonal skills

- 11. Effective & Enjoyable Communication Skills**
Techniques for meaningful conversations.
- 12. Community Conversation Circle**
Encouraging open and inclusive discussions.
- 13. How to Negotiate a Collaborative Solution**
Conflict resolution strategies.
- 14. Develop & Keep Healthy, Loving Relationships**
Building lasting connections.
- 15. Being Friendly Helps**
The power of kindness in everyday interactions.
- 16. The Healing Power of Compassion & Kindness**
Using empathy to strengthen relationships.
- 17. The Power of Nurturance**
Understanding and fostering emotional support.
- 18. What Makes Addiction Recovery Really Work**
Insights into overcoming addiction.
- 19. 21 Tips for Great Customer Service**
Elevating service skills in any field.

SOCIAL & GLOBAL DEVELOPMENT



Encouraging
dialogue,
critical thinking,
and global
awareness

20. **Sustainable Peace**
Strategies for fostering peace in communities.
21. **Values for A Better Life & World**
Identifying and applying core values.
22. **Wisocracy for Wise Democracy**
Exploring innovative governance solutions.
23. **World Happiness Report**
Understanding global well-being trends.
24. **Wise Leadership Development**
Cultivating impactful and ethical leadership.
25. **Doughnut Economics & Wellbeing Economy**
Rethinking economic sustainability.
26. **Human Transformation for World Wellbeing**
Enhancing global well-being efforts.
27. **Smartsettle for Any Mediation**
Cutting-edge mediation techniques.

Why These Programs Matter



-  **77% of employees feel disengaged at work.**



- Many struggle with **motivation, communication, relationships, and stress.**



- These programs help individuals **increase engagement, confidence, and well-being.**

What Participants Gain



✓ **Practical life skills** for self-improvement

✓ **Stronger relationships** at work and home



✓ **Enhanced emotional intelligence** and communication

✓ **Greater purpose, motivation, and well-being**



🎯 **Libraries are at the heart of transformation
— let's empower your patrons together!**

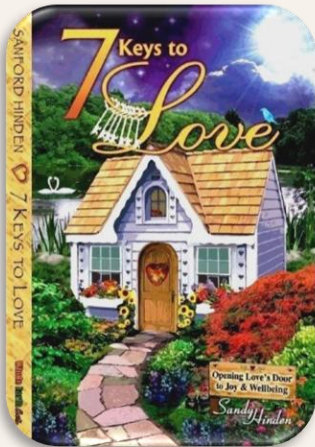
About Sandy Hinden



With over **30 years of experience**, I provide engaging programs for personal growth, communication, and global sustainability.

My background includes directing **Community Partners for Coordinated Services**, **Dix Hills Performing Arts Center**, and initiating the **Concert for the Earth at the UN**.

I also created **Wisocracy** for wise democracy and authored *7 Keys to Love – Opening Love's Door to Joy & Wellbeing*.



📍 Available for **local, national, and global** programs.

🌐 Visit [Wisocracy](#)


📅 **Book a session today!**

📞 516-815-4967


✉ sanfordhinden@verizon.net

Testimonials




 *“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now.”*
Ronald Gross, Columbia University



 *“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”*
Meg Rivers, HBO / HBO Max



 *“Sandy is an inspirational actionist! His wealth of experience and human kindness makes learning with and from him an enriching experience and always a joy.”*
Alexander Laszlo, Global Systems Educator

 **Let's bring personal growth and wisdom to your community!**

 **Call or email to schedule a program today.**

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