

Programs for Libraries



Sanford Hinden

Contact

Sandy Hinden
516-815-4967
sanfordhinden@verizon.net



Programs for Libraries



Dear Program Director,

As a supporter of personal growth and community development, I provide programs focused on personal development, communications and relationships, and social and global development for libraries.



Libraries play a crucial role in fostering lifelong learning and supporting the wellness and development of individuals.

Please feel free to contact me with any questions or to schedule a program.



Personal Development

These sessions empower individuals to discover their full potential, increase wellness, and achieve personal and professional success.

Communications and Relationships

These programs provide participants with practical tools to enhance communication skills and interpersonal relationships, creating more understanding between people at home, work, and in the community.

Social and Global Development

Encouraging dialogue, critical thinking, and action enables individuals to contribute meaningfully to their communities and the world.

I look forward to the possibility of working with you to provide enriching experiences for library patrons that contribute to their personal, social, and community development.

Sincerely,
Sandy Hinden

Programs for Libraries

- The following pages list 28 programs.
- Each program is 1.5 hours.
- The fee is \$200 on Zoom and \$250 in person.
- Choose a program and contact me for a 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.



PERSONAL DEVELOPMENT



PERSONAL DEVELOPMENT

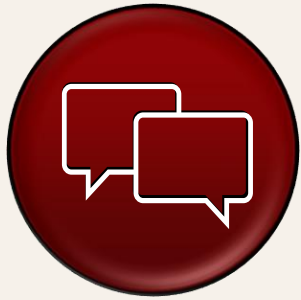


1. **Positive Habit Improvement**
2. **Weight Loss with a Dash of Humor**
3. **Self-Compassion, Self Kindness & Self-Care**
4. **Creating or Revising Your Bucket List**
5. **Mindful Meditation for Peace & Wellbeing**
6. **Meaningful, Purposeful, Creative Living**
7. **Wisdom & Meeting the Wise One Within**
8. **Anger Management & Self Regulation**
9. **Executive Functions of the Brain**
10. **Great Lessons Learned from Life**

RELATIONSHIPS & COMMUNICATION



RELATIONSHIPS & COMMUNICATION



11. **Effective & Enjoyable Communication & Conversation Skills**
12. **Community Conversation Circle**
13. **How to Negotiate a Collaborative Solution**
14. **Develop & Keep Healthy, Loving Relationships**
15. **Being Friendly Helps**
16. **The Healing Power of Compassion & Kindness**
17. **The Power of Nurturance**
18. **What Makes Addiction Recovery Really Work**
19. **21 Tips for Great Customer Service**

SOCIAL & GLOBAL DEVELOPMENT



SOCIAL & GLOBAL DEVELOPMENT



- 20. Sustainable Peace**
- 21. Values for A Better Life & World**
- 22. Wisocracy for Wise Democracy**
- 23. World Happiness Report**
- 24. Wise Leadership Development**
- 25. Doughnut Economics & Wellbeing Economy**
- 26. Human Transformation for World Wellbeing**
- 27. Global Gang Transformation**
- 28. Smartsettle for Any Mediation**

The Need for These Programs

85% of people feel disengaged at work.

Many teams are not fully productive, and workers may not get along well.

Most people are not in healthy, loving relationships with family and friends.

Many people don't feel safe, peaceful, loving, or loved.

They may feel lonely and feel little happiness and wellness.

Many have negative self-talk, compare themselves to others, and don't feel confident.

Many are overloaded by negativity in media and stress.

Many are addicted to screens, food, alcohol, drugs, gambling, or shopping.

Some let anger get the best of them, and harm their relationships or work.

Some can't stay focused and work on their goals.

Some feel aimless and find little meaning, purpose, and creativity in their lives.



Human Needs Hierarchy

What
are you
feeling and
needing?

What
would you
like?

Transcendence & Generative Needs



Oneness with
Creation-Universe, Sun, Earth,
Ancestors, Future Generations,
Care for Earth & the Whole

Self-Actualization Needs

Purposeful effort to
develop and use one's
talents and potentials

Education, Freedom, Meaning,
Purpose, Direction, Creativity,
Intellectual & Aesthetic Fulfillment

Esteem Needs

Self-respect, self-esteem,
self-appreciation, respect from others



Love & Belonging Needs

Friendship, intimacy, family, a sense
of connection, compassion, community,
happiness, wellbeing

Safety Needs

Personal security, employment,
resources, health, peace



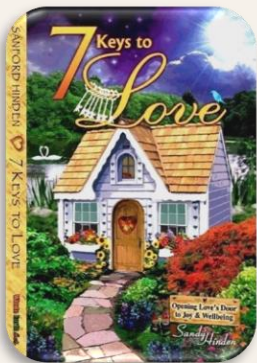
Physical Needs

Air, water, food, shelter,
sleep, clothing, pleasure, reproduction

The Benefits of These Programs

- 1** Meet to discuss questions, brainstorm ideas, identify problems, make decisions
- 2** Address common problems or issues
- 3** Gain new ideas and insights
- 4** Learn hands-on skills
- 5** Try out new methods in a safe environment
- 6** Resolve problems with a fresh perspective
- 7** Explore possibilities for what really matters
- 8** Increase wellbeing and awareness
- 9** Create a path for personal growth
- 10** Have fun while learning
- 11** Increase motivation and engagement

About



- Sandy Hinden provides programs for organizations in person and on Zoom in personal development, relationships and communications, and social and global development for peace and sustainability.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- He works locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- Sandy was director of *Community Partners for Coordinated Services* for *Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- He initiated the *Concert for the Earth* with Paul Winter for the *UN Environment Program* held in the United Nations General Assembly on World Environment Day, 1984.
- Sandy created [Wisocracy](#) for wise democracy, wisdom, wellbeing, peace, and nature.
- He is author of [7 Keys to Love – Opening Love's Door to Joy & Wellbeing.](#)

References



“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”

Meg Rivers

Senior Production Specialist at HBO / HBO Max



“Sandy is an inspirational actionist! He is not afraid to ask the tough questions and explore heartfelt responses to them. The ones that have to do with how we got into this mess as humanity, and what it’s going to take for us to get out of it. His wealth of experience and human kindness, combined with political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy.”

Alexander Laszlo

Global Systems Educator



“Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years. He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas. He encouraged me to not give up.”

Dr. Robert Muller (1923-2010)

Former UN Assistant Secretary General

Cofounder, UN University for Peace, Costa Rica

“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. I trust him and have learned immensely from him.”

Ronald Gross

Founder/Director, Conversations New York

**Co-chair, University Seminar on Innovation,
Columbia University**

Programs for Libraries



Sanford Hinden