



**Tuesday, December 17th, 7-8:30pm EST**

**Resilient, Empowered, and Present:  
Audrey and George Hall**

Dear Senior Fellows and Friends,

Recently, George mailed me a workbook he and his wife Audrey published last year, "Coming Back to the Present: A New ACT Self-Help Workbook to Manage Stress & Live a More Rich, Full, Meaningful Life." The book opens with a Thich Nhat Hanh quote:

*Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.*

It seemed to me that this could be a great discussion for this time of year, since many of us take time over the holidays to reflect, reconsider, and plan.

George and I met well over a decade ago while he was serving as Amtrak training director. When I wanted to know more about this training manager with an unusual entrepreneurial bent and needed an excuse for a road trip, I drove up to Delaware one morning to have breakfast with him. Later, when I was inventing one-off programming to collect food for OPM's first "Feds Feed Families" summer food drive initiative, he took the train down to DC and presented an interesting program at the U.S. Department of Education. The price of admission was one food item, and we did all right. George was, and is, generous. Later this month, we'll have an opportunity to hang out

with George and his wife, Audrey. The bios he sent me appear below. I'm looking forward to it and hope you'll join us.

Audrey N. Hall, MSW, LCSW, is a Clinical Social Worker with over 30 years of experience. An honors graduate of the #1 Social Work program in the US, The University of Michigan - Ann Arbor, Audrey has worked in leadership positions at some of the best hospitals across the United States, such as the Hospitals of the University of Pennsylvania (HUP), the University of Michigan Medical Center, Cedars - Sinai Hospital, and the US Department of Veterans Affairs.

George C. Hall, MA, MBA, MS, MSW, is Audrey's husband of 30 years and esteemed co-author. An eLearning Designer, he has expertise in content development, software and digital platforms, workshops, learning innovations, and consulting. Mr. Hall focuses on learner-centered designs that empower and intrinsically motivate an audience through personalized, skill-based learning.

We'll begin with a round of self-introductions to discover potential overlaps among participants and make everyone feel welcome. We'll end at 8:30 pm EDT. Please click on the button below to RSVP through Zoom. As always, this is a conversation among leaders who show up. Video and audio must be on.

Sincerely,  
Kitty Wooley