8 April, 2020

Dear Roy and all your friends,

I bet you’ve been thinking, “*Too bad we can’t gather in a big group and invite Peter Leidy in for one of his engaging trainings*!” I know. I feel your pain.

Seriously, this is a hard time for us all, and I’m not making light of this fact -- not even a little bit.

But WAIT – We have technology! We may be distancing, isolating, and quarantining, but that doesn’t mean we can’t do some amazing Zoom work together.

**So, get this: During this “shelter in place” / quarantine time, I will be offering long-distance virtual training on some very pertinent topics. (See below.)**

Here’s the deal. “Gather” employees/families/people you support in their isolated locations with phone or computer for a 1.5 hour Zoom training and conversation. I will provide the Zoom link and some really good content that we all need for these times.

Weekdays, eves, and weekend options available. 

Cost for your organization, per 1.5 hour session:

$300 for 1 session $250 for 2 or 3 sessions $200 for 4 or more sessions

Contact me for more info or to schedule a time. And thank you for considering this.

--Peter peterleidy.com 608-335-4039

**Staying Person-Centered While Social Distancing**

In this session we look at ways to imagine (and act on) a more meaningful day than simply practicing social distancing – as important as that is. How do we support people to still connect with others and contribute to community life, given this pandemic?

**Reducing Stress and Building Empathy**

I’ve been teaching a lot in the last few years on mindfulness, compassion, and stress reduction. This session will be an introduction, with some very specific, simple, and proven techniques to improve our own and others’ well-being and capacity for compassion.

**Supporting Each Other During Hard Times**

*We’re all in this together* may have never been as true as it is today. With so much stress and pressure while we are in “crisis mode”, how do we make the space for taking care of each other as we struggle through the hard work of supporting people who rely on us? In my view, this is more important than ever if we are going to get through this together.