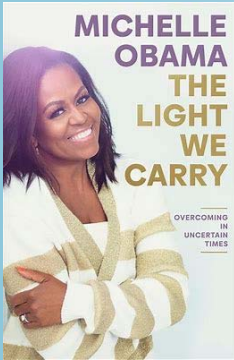


# Athenian Dialogue

## The Light We Carry: Overcoming in Uncertain

### By Michelle Obama



**Author:** Michelle Obama

**Date:** Wednesday, October 16, 2024 9 AM – 3:30 PM

**Location:** Holiday Inn Airport/Conference Center, 6111 Fleur Drive, Des Moines, IA

**Facilitator:** Susan Frost  
Frost Marketing Communications, Green Bay, WI

**Cost:** \$70 (includes lunch) **DOES NOT INCLUDE BOOK PURCHASE**  
**(Participant must purchase & read book prior to dialogue)**

There may be no tidy solutions or pithy answers to life's big challenges, but Michelle Obama believes that we can all locate and lean on a set of tools to help us better navigate change and remain steady within flux. In *The Light We Carry*, she opens a frank and honest dialogue with listeners, considering the questions many of us wrestle with: How do we build enduring and honest relationships? How can we discover strength and community inside our differences? What tools do we use to address feelings of self-doubt or helplessness? What do we do when it all starts to feel like too much?

Michelle Obama offers listeners a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles—the earned wisdom that helps her continue to “become.” She details her most valuable practices, like “starting kind,” “going high,” and assembling a “kitchen table” of trusted friends and mentors. With trademark humor, candor, and compassion, she also explores issues connected to race, gender, and visibility, encouraging listeners to work through fear, find strength in community, and live with boldness.

“When we are able to recognize our own light, we become empowered to use it,” writes Michelle Obama. A rewarding blend of powerful stories and profound advice that will ignite conversation, *The Light We Carry* inspires listeners to examine their own lives, identify their sources of gladness, and connect meaningfully in a turbulent world.

### Athenian Leadership Dialogue

Leadership Dialogues are conversations that exceed the usual knowledge recall and application process familiar to all Municipal Clerks in training seminars. They explore leadership principles and practices, drawing on the insights contained in a book that all participants have read. Dialogues focus on helping develop critical thinking skills and increasing leadership ability. See the IIMC website, [www.iimc.com](http://www.iimc.com), for more information on this unique program.

POINTS: 3 CMC Education Points; or  
3 MMC Advanced Education Points  
(With completion of mandatory assessment)  
IMFOA Flex credit – 6 hours

### Registration Information

Please register at the following link:  
<https://imfoa.com/athenian-dialogue/>

Attendance is limited to 30. Registration deadline October 4.

Please advise if you are in need of special considerations or meal accommodations.

For additional information concerning the dialogue, contact Chrissi Wiersma at [cwiersma@cityofhudsonia.com](mailto:cwiersma@cityofhudsonia.com), or by phone at 319.575.0259 or 319.988.3600 Ext. 3.