

June 2024

Letter from the Executive Director

It's a luxury to have the time to browse a bookshelf and come across wonderful work like *What Do You Want Out of Life?* by Dr. Valerie Tiberius.

It's a reminder that making time for yourself, and what you value, has a real impact on what comes next. In my case, bookstores are a happy place, which led to our opportunity to focus this month's newsletter on experiencing well-being by living our values as goals.

Our hope for Future Leaders Academy graduates is that they enjoy the gift of living their values with resilience, as well as the capacity to adjust and change with confidence throughout their lives.

On June 1st, we graduated our 2nd generation of Future Leaders. During the same event, our 3rd generation of Future Leaders, and their Mentors, kicked-off their 12-month mentorship in community with family, friends, and 1st generation (2022-2023) Future Leaders Academy graduates.

We've been thinking a lot about voice over the past few weeks, and the Future Leaders Academy Celebration is designed to bring the literal and figurative voice of Future Leaders' values to the attention of our community. The goals Future Leaders develop for themselves, in alignment with their values, are supported with the thoughtful, caring, joyful, and motivating attention of our Mentors.

We'll bring more news and highlights from the Future Leaders Academy Celebration into focus in our July newsletter.

If you're someone who likes a good summer reading list, I highly recommend [Valerie Tiberius's new book](#). In it, you'll get to know the endearing character of Millicent and the clear and pragmatic voice of a philosopher who has the power to connect personal insights to wherever you may feel you are in life.

I'd love to hear your reflections on the book, too.

Enjoy and see you in July!

- Brian Hammer, PhD

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