



Shift



Managing Your Emotions—
So They Don't Manage You

Ethan Kross

National bestselling author of **CHATTER**



Shift: Managing Your Emotions -- So They Don't Manage You Ethan Kross, Ph.D.

Professor, Management & Organizations, Ross School of Business, and Director of the Emotion and Self Control Lab, University of Michigan.
Author of the international bestseller *Chatter: The Voice in Our Head, Why it Matters, and How to Harness It*.

Heidi Stevens

Chicago-based writer and Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health.

Tuesday, March 11, 2025, 7:00 PM
North Shore Country Day Auditorium
310 Green Bay Rd., Winnetka, IL 60093

BONUS BOOK GIVEAWAY of *Shift* at the event!

This event is #freeandopentothepublic and will be recorded but not live streamed.
NO REGISTRATION REQUIRED
Suitable for youth 12+



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FOR IMMEDIATE RELEASE: ETHAN KROSS, Ph.D. – IN PERSON

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Tuesday, March 11, 2025, 7:00 PM, Shift: Managing Your Emotions – So They Don't Manage You, Ethan Kross, Ph.D. in conversation with Heidi Stevens, North Shore Country Day Auditorium, 310 Green Bay Rd., Winnetka, IL 60093. **BONUS BOOK GIVEAWAY of *Shift* at the event, while supplies last. No registration required.**

Whether it's anxiety about going to the doctor, boiling rage when we're stuck in traffic, or devastation after a painful break-up, our lives are filled with situations that send us spiraling. But as difficult as our emotions can be, they are also a superpower. Far from being "good" or "bad," emotions are information. When they're activated in the right ways and at the right time, they function like an immune system, alerting us to our surroundings, telling us how to react to a situation, and helping us make the right choices.

But how do we make our emotions work for us rather than against us? Acclaimed psychologist **Ethan Kross, Ph.D.** has devoted his scientific career to answering this question. In his new bestselling book ***Shift: Managing Your Emotions – So They Don't Manage You***, he dispels common myths—for instance, that avoidance is always toxic or that we should always strive to live in the moment—and provides a new framework for shifting our emotions so they don't take over our lives.

Shift weaves groundbreaking research with riveting stories of people struggling and succeeding to manage their emotions—from a mother whose fear prompted her to make a spur-of-the-moment decision that would save her daughter's life mid-flight to a nuclear code-carrying Navy SEAL who learned how to embrace both joy and pain during a hellish training activity. Kross spotlights a wide array of tools that we already have access to—in our bodies and minds, our relationships with other people, and the cultures and physical spaces we inhabit—and shows us how to harness them to be healthier and more successful.

Kross is the director of the Emotion and Self-Control Laboratory at the University of Michigan and professor in its top ranked psychology department and Ross School of Business. His book ***Chatter: The Voice in Our Head, Why it Matters, and How to Harness It*** was an international bestseller.

Kross will be in conversation with **Heidi Stevens**, Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health, and creative director for Parent Nation, an initiative of the TMW Center. Prior to joining Parent Nation, Stevens worked at the *Chicago Tribune* for 23 years, where she wrote a daily column called *Balancing Act*. She was awarded the Anne Keegan Award for Distinguished Journalism in 2018. Stevens maintains a nationally syndicated column once a week.

This event is suitable for youth 12+. It will be recorded but not live streamed and will be available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Avoca D37, Baker Demonstration School, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township HS D202, Family Service Center, The Family Institute at Northwestern University, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Morgan Park Academy, Near North Montessori School, New Trier High School D203, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Psychgeist Media, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, Township High School D113, UChicago Network for College Success, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Winnetka D36, Woodlands Academy, Youth & Opportunity United.