



BROWN BAG LUNCH SERIES

TOPIC

**Deal with the Real:
Constructive Approaches to Negativity**

SPEAKER

Al-Qawi Majidah
Program Coordinator

WHEN **March 15, 2018**
Third Thursday from 12:00^{pm} to 1:00^{pm}

WHERE **Office of the Prosecuting Attorney**
655 Kilauea Avenue, Hilo HI 96720



"We seem to be bombarded with negativity—from television and social media to our closest relationships," says Majidah. "What is negativity, and is it the same as pessimism? When dealing with another's negativity, how can we transform our attitudes, perceptions, and perspectives to see it as a chance to gain a broader view?" In this talk, learn approaches to reframe negativity to make it neutral and useful.

Al-Qawi Majidah was born in Seattle and raised in rural Oklahoma. She earned her B.A. in Political Science from Washington State University and M.A. in International Relations from the University of Sussex in England. She has assisted organizations such as The Democratic Institute, Mercy Corps, and American Red Cross in their missions. Majidah is currently a professionally trained mediator and Program Coordinator at Ku'ikahi Mediation Center.

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