

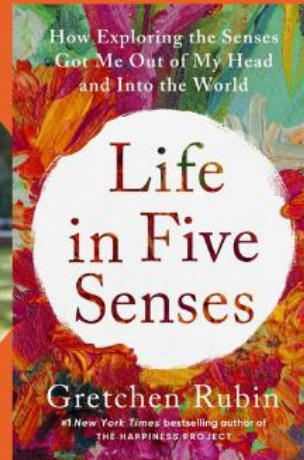
DEH
DEBBIE EPSTEIN HENRY
— SPEAKER SERIES —

June 14, 2023
12:30 - 1:30 pm ET

Live & Recorded
Virtual Event

SIDLEY

A Conversation with Gretchen Rubin



Life in Five Senses. Do you find yourself so immersed in your devices, to do lists, Zoom calls and overscheduled calendar that you often lose sight of relishing the moment? You're not alone but the good news is -- help is on the way. At this event, we welcome [Gretchen Rubin](#), a five-time *New York Times* bestselling author on happiness and human nature, to share her revelatory journey exploring the five senses as a path to a happier, more mindful life. During this fireside chat interview, Gretchen will explore cutting-edge science, philosophy, and literature as well as her own efforts to practice the profound power of tuning in to the physical world of seeing, hearing, smelling, tasting, and touching. With probing questions posed by author and workplace expert [Debbie Epstein Henry](#), Gretchen will inspire the audience with thoughtful insights and hands-on suggestions about how to heighten our senses and use our powers of perception to live fuller, richer lives.

REGISTRATION

To register for the June 14th event or if you have any questions, please e-mail [Renee Green](#).

If you are interested in purchasing a corporate membership to the DEH Speaker Series, entitling your organization to participate in our next four quarterly events, here is the [corporate membership invoice](#). If you are interested in purchasing an individual membership entitling you to participate in our next four quarterly events, here is the [individual membership invoice](#). Also, please visit the [Archived Access](#) page of our site to learn about purchasing access to 20 signature events. Archived Access can be an add-on to your membership over the next four events or a stand-alone option.

DISTINGUISHED GUEST



[Gretchen Rubin](#) is one of today's most influential observers of happiness and human nature. She's the author of five *New York Times* bestselling books and she hosts an award-winning podcast, [Happier with Gretchen Rubin](#), where she explores practical solutions for living a happier life. Gretchen has been [interviewed by Oprah](#), walked arm-in-arm with the Dalai Lama, and been an answer on *Jeopardy!* She started her career in law and realized she wanted to be a writer while clerking for Supreme Court Justice Sandra Day O'Connor. Raised in Kansas City, Gretchen lives in New York City with her husband and two daughters.

INTERVIEWER



[Debbie Epstein Henry](#) is a lawyer turned entrepreneur, author, and public speaker with expertise in careers, women, workplace dynamics, and law. She speaks at events in the US and abroad, wrote two best-selling books and has been featured by hundreds of news outlets including *The New York Times*, NBC Nightly News and *The Wall Street Journal*. Debbie hosts the [DEH Speaker Series](#) and the podcast, [Inspiration Loves Company](#), exploring how to do and be better at life, work and everything in between. She and her husband live in the New York area; they have three sons.

CO-HOSTS



[Christina Chianese](#)
Partner
Sidley Austin LLP



[Tasha Stringer Grinnell](#)
General Counsel
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Thank you and we look forward to your participation!