



# DEAR FRIEND...

## How to Reconnect in a Disconnected World Through the Forgotten Practice of Handwriting Letters

We're in the most disconnected, divisive time in history. We're either divided by screens, or divided by beliefs. We've bought into that if we don't agree 100% with someone on everything, we can't be connected at all. Humans have forgotten the very thing we're hardwired for... to genuinely connect with others. How do we restore that type of connection we're all craving?

In this uplifting talk, Amy Daughters, teaches how to use the age-old forgotten practice of handwriting letters as a way to add meaningful depth to your connections, instead of staying at the surface on social media. She brings her wit, humor, and having written 580 handwritten letters to every single one of her Facebook friends, to show you how you can find deep connections in some of the most unexpected places.

### What You'll Walk Away With:

- Learn the art of writing handwritten letters to restore the type of connection you're craving in your life
- Use a simple framework to learn how to easily look past what makes us different as way to deeply connect with others
- Put your pen to paper and write your very first short letter to a friend

### Available Formats



Keynote  
30-60 mins



Workshop  
2-3 hours

*"Amy Daughters does the difficult. She blends humor with meaning. Amy's storytelling impacts you deeply. You walk away believing in joy amidst hardship and planning how you might make a difference. Yet the realization may take a while because you are having so much fun!"*

— Glenda Wilkins, Grow Director

