

Your Teacher Melissa: *Deep Knowledge From Short Classes*

Melissa's Miscellany

Le Budget Envelope Game

Everyone has issues with money, even if you have plenty of it. Want to discover your money demons? In addition to specific money questions, Melissa has invented a super simple budget game using envelopes, paper, and a pen. Spending only one minute per day, you can save more money than you ever thought possible. Check out her book called *Le Budget Envelope Game*, available on Amazon.

Classes taught every Monday from April 5th through July 12th from 8:00 to 8:35 pm.

Working From Home and Remotely

This class will help you develop the mindset to work in a productive and creative way outside the box of the traditional workplace. A pandemic has forced us to become nomads as well as homebodies. We're learning how to make a living from anywhere, at any time, and from any place. If you're not finding this transition easy, take this class.

Classes taught every Tuesday from April 6th through July 13th from 2:00 to 2:35 pm.

Successful Parenting

Being a successful parent is harder than ever before — but it's rewarding, too. Melissa will give you some helpful tips, some dos and don'ts, and some suggestions on where to put your focus. You can't do everything, but the most important thing is something you're probably not doing. Find out what that is in this class.

Classes taught every Tuesday from April 6th through July 13th from 4:00 to 4:35 pm.

You Create Community

If you don't join clubs and organizations, what can you do to create your own sense of community? It's very fun, but it takes effort and the willingness to try activities to see what works. Melissa will empower you to start creating a wider circle outside of your family. Meeting new people and becoming friends with them is one of her greatest joys; she hopes it becomes yours, too.

Classes taught every Monday from April 5th through July 12th from 7:00 to 7:35 pm.

Mindfulness — Self-Acceptance & Happiness

Melissa will take you through an exercise that will help you accept who you are. Self-acceptance is an essential piece to living a happy life. Melissa will share with you why humans want to be happy and what Harvard teaches in its happiness class — the amazing positive psychology course that is the most popular class in its history.

Classes taught every Tuesday from April 6th through July 13th from 7:00 to 7:35 pm.

Mindfulness — Compassion & Gratitude

Having the capacity to express empathy and compassion for others is the key to understanding gratitude. If you feel resistant to doing gratitude exercises, you probably need help cultivating self-compassion. Learn simple mindfulness techniques that will get you on the gratitude path. It's an especially uplifting one to be walking during a pandemic.

Classes taught every Tuesday from April 6th through July 13th from 8:00 to 8:35 pm.

Your Teacher Melissa: *Deep Knowledge From Short Classes*

Class Schedule for April 5 to July 15, 2021

Ongoing Mondays

12:00-12:35	Spanish OLÉ, Level 1
1:00-1:35	Spanish OLÉ, Level 2
2:00-2:35	French ALLEZ, ALLEZ, Level 1
3:00-3:35	French ALLEZ ALLEZ, Level 2
4:00-4:35	Piano BRAVO, Level 1
5:00-5:35	Piano ENCORE, Level 2
6:00-6:35	Music Theory Made Fun
7:00-7:35	You Create Community
8:00-8:35	Le Budget Envelope Game

Ongoing Tuesdays

SOLD OUT
SOLD OUT
Working From Home & Remotely
SOLD OUT
Successful Parenting
SOLD OUT
SOLD OUT
Mindfulness: Self-Acceptance & Happiness
Mindfulness: Compassion & Gratitude

Alternating Wednesdays, April 7 - July 14

12:00-12:35	Keeping Your Cool
1:00-1:35	Keeping Track of It All
2:00-2:35	Overcoming Procrastination
3:00-3:35	Staying Focused
4:00-4:35	Planning and Prioritizing
5:00-5:35	Organizing Your Stuff & Your Mind
6:00-6:35	Managing & Navigating Through Time
7:00-7:35	Keeping Your Mind Flexible & Reflecting on You
8:00-8:35	Reaching Your Goals

Alternating Wednesdays, April 14 - July 7

Commitment Myth
Stress & Anxiety Myth
Relationship Dynamics Myths
Love Myth
Self-Care Myth
Desire & Intimacy Myth
Freedom & Connection Myth
Communication & Compromise Myth
Technology & Reality Myth

- Each 35-minute class meets once, except Spanish, French, and piano, live via Zoom
- Classes start promptly on time. They open 5 minutes before and close 5 minutes after the class starts. All times listed are Pacific Time, USA
- Cost: \$30 per class, or bundle of 4 classes for \$100. Payment, including bank transfer or credit card, is via PayPal. (You do not need a PayPal account.) You must register 24 hours in advance. You will receive a confirmation from Melissa once you register.
- No refunds. No expiration. Credit only.
- Language classes are limited to 12 students, and piano to 4 students. Please contact Melissa for appropriate class level placement. Register for the first one or for the monthly series of 4.
- Alternative class times are available by arrangement.

• • • • •

Melissa Smith Baker, MA is a teacher par excellence. She has devoted decades to teaching people of all ages how to easily learn foreign languages, make music, budget their time and money, and build lasting relationships.

707-228-0287 • smith@thetimeprofessionals.com • thetimeprofessionals.com/melissa-smith-baker