



SIMPLE CONCEPTS, TRANSFORMATIONAL CHANGE

## MINDFULNESS WORKSHOP

Demands on your time and attention fracture the mind with constant messages, meetings, and deadlines. Research shows mindfulness supports your ability to direct your attention at will, which is a desired trait of an effective leader.

In this experiential workshop you will:

### Gain insight on your behaviors and situations that trigger stress



Articulate the distractions that hijack your attention and intentions



Recognize your auto-pilot behaviors that have negative consequences

### Learn evidence-based strategies to help you choose a calm response



Notice the physical, mental, emotional manifestations in the moment



Experiment with multiple mindfulness practices and guided meditations

### Identify strategies to increase your productivity, nourish creativity, and sharpen your focus



Assert a controlled response towards overwhelming situations



Develop a clear mindset prior to important meetings and conversations

**READY FOR A CHANGE? CONTACT US TODAY.**