

MINDFULNESS AT WORK: FROM THE INSIDE OUT



LEARNING OBJECTIVES

- **Develop an understanding of mindfulness and its benefits;**
- **Learn practices that reduce anxiety, improve focus and unblock creativity; and**
- **Discover tools, which will help you break through habitual ways of thinking so you can make more positive and informed choices.**

WORKSHOP FEATURES

- **Experiential activities that teach mindfulness practices;**
- **Research that brings awareness to the space between thoughts and reactions so we learn to respond in healthy ways; and**
- **Practical applications that help leaders do the necessary internal work to effect sustainable change.**

"I had an incredible morning. I was able to be in the moment, reflect and breathe."

"Outstanding workshop. Very thought-provoking!"

"I liked the practical tools and takeaways."

Flourishing Culture Consultants, LLC®
Creating cultures where people count



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