

Mindfulness Workshops

A trendy buzzword these days, but what does it actually mean to “Live Mindfully” and how can it improve your success in the Workplace?

As a team we will break down the practice of Mindfulness, the benefits and neuroscience behind it, and ways we can implement daily Mindfulness techniques in a practical and applicable way.

WORKSHOP INCLUDES:

Group Discussion, Workplace Journal and Pen for Self-Study Activity, Movement Practice, and Guided Mindful Meditation.

