

The Command, Connect and Commits Mindfulness Series will enable you as Leaders to:

- *Take Command of your life by managing your stress and become a better, stronger and wiser version of yourself.*
- *Stay Connected, engaged and build important relationships.*
- *Commit to integrating and sustaining the strategies you have learned .*



Know that you will once again feel joy even as you continue to wrestle with the challenges and stressors of life.

Integrating these skills Will help decrease your anxiety and manage your work and home life.

In the 1st module of our Leadership Series,COMMAND, you will learn how to Take Control but not be a Controlling Leader by implementing 7 powerful strategies to achieve Visionary Leadership .

COMMANDING LEADERSHIP	
Visionary	Controlling
	

In the 2nd module of our leadership series, CONNECT, You will master 7 Strategies and Principles of Influential Leadership by building meaningful relationships through evidence-based mindfulness tools and exercises for the best practices in leadership.

CONNECTED LEADERSHIP	
Influential	Isolated
	

The 3rd module of our series, COMMITTS, prompts you to Take Action and Sustain goals to Empower you as leaders to hold ourselves accountable to follow through with clear intentions and attainable action strategies.

COMMITTED LEADERSHIP	
Empowered	Ambivalent
