

# *Confident & Collected:* **MINDFULNESS AT WORK**

## *About this workshop*

It is so easy to get caught up in the whirlwind of our workday. Mindfulness can not only co-exist with efficiency and results, it can enhance it.

During this relatable and practical session, participants will learn about the importance of remaining present, how and why to manage their thoughts, how to deal with their feelings, and how to navigate being busy at work.

## *What to expect*

This is an interactive workshop, including presentation, self-reflection, polls, and live meditation.

All in-session materials will be provided, including printed or virtual participant hand-outs.



### **MODALITY:**

In person or virtual



### **DURATION:**

1.5 to 2 hours



### **AVAILABILITY:**

Year-round



**PRICING:** Pricing is dependent on modality, audience size, travel requirements, and customization. A quote will be provided once I have assessed your needs.

Contact me to learn more, discuss your needs, or book a session!

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