



HELLO, 2023!

# STARTING THE NEW YEAR MINDFULLY

## WORKSHOP DESCRIPTION

Help your employees, clients, or other stakeholders start the new year off on the right foot.

During this thought-provoking, relevant, and practical workshop, we will examine mainstream approaches to beginning the new year and consider a more mindful and effective way to welcome 2023.

## WHAT TO EXPECT

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

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



### MODALITY:

In person or virtual



### DURATION:

1.5 hours



### AVAILABILITY:

December and January

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

Contact us to discuss your questions,  
ask about dates, or book a session!

[stephanie@loraconcepts.com](mailto:stephanie@loraconcepts.com)  
[www.loraconcepts.com](http://www.loraconcepts.com)