

SESSION TOPICS

(30 MINUTES)

MINDFULNESS 101 (30/60 MINUTES)

- This introduction to mindfulness is perfect for reducing stress
- Learn the difference between mindfulness and meditation
- Learn how to incorporate mindfulness into your work and personal life

EMOTION MANAGEMENT

- Learn how to notice and manage your emotions
- Cultivate emotional intelligence and awareness.
- Learn many different practices to understand/respond to your emotions and feelings.

STRESS MANAGEMENT

- Explore how mindfulness reduces stress and anxiety
- Stress is a key reason we have many other health issues.
- Learn how to prevent/manage stress
- Implement stress management techniques

MEDITATION 101 (30/60 MINUTES)

- Learn what meditation is, and how to easily implement it into your life
- Learn how meditation will benefit you
- Take away two simple meditations and resources to continue your practice
- Create a self-practice

SESSION TOPICS

(30 MINUTES)

COMPASSION/ LOVING KINDNESS

- Compassion in the workplace is needed to be a successful and safe environment
- Cultivate compassion within yourself and others
- Change your mindset to one of growth
- Learn tools to grow this practice and put it to use

MINDFUL AWARENESS

- Explore how to be fully present in the moment
- Become grounded by using the 5 senses
- Learn how to be aware of thoughts and surroundings without judgment
- You will learn how to do a quick body scan meditation

RESILIENCE

- Resilience allows us to overcome challenges and change easily
- You will learn what resilience is, and how to bring this into your life
- You will learn the three types of resilience: emotional, cognitive, and equanimity

MINDFUL LISTENING

- Learn how to be a better listener within your work and in life
- Learn how to mindfully listen, and show compassion to those speaking
- This is a great skill for retaining information and fully understanding what is being said

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MINDFUL EATING	COMMUNICATION /LEADERSHIP	GRATITUDE	MINDFUL BREATHING	SCIENCE OF MINDFULNESS
<ul style="list-style-type: none">• Mindless eating can cause us to over eat and not fully taste our food• Explore how to eat more mindfully, more intuitively, and slowly• Learn two simple ways to become a mindful eater	<ul style="list-style-type: none">• This program will teach you how to mindfully lead and communicate• Handle conflict with ease• Learn the three levels of difficult conversations• Learn how to build compassion for others within your company and in life	<ul style="list-style-type: none">• Gratitude is an easy way to boost your mood and increase positivity• Learn the many ways you can cultivate gratitude within your work, life, and relationships• You will also walk away with a gratitude journal worksheet	<ul style="list-style-type: none">• The breath is the best way to anchor ourselves in the present moment• Explore how to be mindful of the breath• Learn breathing practices and how to tap into the breath during moments of stress or overwhelm.	<ul style="list-style-type: none">• This topic will dig deep into the science behind mindfulness• Learn how it changes the brain, within weeks• Learn how we can shift our way of thinking with this practice