CONFLICT & STRESS MANAGEMENT

Class Format:
On-site & Virtual

PRACTICING MINDFULNESS TO REDUCE STRESS

IN THIS COURSE, YOU WILL:

- Understand what mindfulness is
- Learn about the origins of mindfulness concepts, the science, and holistic impacts
- Commit to mindful practices including: detachment, forgiveness, and gratitude
- Engage in mindfulness activities including: breathing, relaxation, and awareness
- Create a plan of action

The practice of mindfulness has been shown to be a powerful resource for stress management, physical and psychological health, enhanced brain function, and productivity. Participants will learn how to engage in mindfulness practices, such as breathing, relaxation and awareness, both situational and as a primary life function.

ELEVATE

CALL TODAY!

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