



# Mindfulness Meditation

## WHY IT'S BENEFICIAL

Mindfulness is about being fully present in each moment. The goal is not to clear the mind of thoughts, but rather to recognize each thought as it comes, and to see it for what it is (temporary and fleeting).

Participants will be taught breath work and other techniques they can use to incorporate mindfulness throughout their workday.

Cultivating mindfulness helps to:

- Promote creativity
- Enhance personal relationships
- Reduce stress
- Improve attention span
- Increase performance, productivity, and resilience
- Strengthen emotional intelligence

## HOW IT WORKS

Each class will explore specific skills that can be incorporated into daily life to help break cycles of anxiety, stress, unhappiness, and exhaustion.

We have a mini-series called Mindfulness @ Work, which touches on the following topics:

**Productivity:** Overcoming distractions by staying focused and balanced at work.  
**Kind Communication:** Understanding how we communicate impacts co-workers and clients.

**Release Work Stress:** Deliberately and mindfully caring for yourself at work.

**Conflict Resolution:** Resolving discord rather than reacting to others.

**Mindful Listening for Better Relationships:** Listening skillfully to cultivate professional and personal relationships.

**Kindness at Work:** Appreciating yourself and others.

