



MINDFUL:

USE MEDITATION AND MINDFULNESS PRACTICES TO IMPROVE FOCUS, PRODUCTIVITY AND WELL-BEING

Training Description

This free training is sponsored by Kanabec County Community Health through the Mental Health Innovations Grant.

Mindfulness is the practice of maintaining a moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, without judgment.

It is about living and working in the present moment, free from regrets about the past or fear about the future.

Mindfulness helps calm our anxieties, increases focus and improves creativity and productivity.

You Will Learn

- Practical mindfulness exercises to use every day.
- How to reduce the impact of difficult emotions.
- How to stop spiraling negative thoughts and bring your mind back to the present moment.
- Simple meditation exercises that bring peace and focus.
- Mindfulness strategies in the workplace, and more!

Now is the time to live and work mindfully. Learn how in this presentation!

April 9th, 2020

10:15 am – Noon

Training Room - Kanabec County Jail
100 S Vine St, Mora, MN

REGISTER HERE:

kanabec.paperform.co



Josh Dye, MPNA

President & Founder

Convene Training + Resilience Community



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