



RESILIENCE

Creating Better Relationships at Work



REGISTRATION INFORMATION

Date and Time:

October 16th 1:00 pm EDT

October 29th 2:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company eMindful portal.

This program focuses on what we might call interpersonal mindfulness—bringing nonjudgmental present moment awareness to your interactions with others. Are the people with whom you are spending most of your time nourishing or depleting? What is the quality of your communication with others? In this course, we will explore the qualities and attitudes of interpersonal mindfulness and the art of mindful communication –speaking and listening.

COMING IN NOVEMBER

Resilience

Managing Activities to Prevent Burnout Session 11

Please contact Support at support@emindful.com or **1-855-211-1536** with any questions.