



## Return to Work Webinar Series



# Learn Six Mindful Leadership Skills in a Time Your Team Needs You Most

COVID-19 has turned our world upside down leading to heightened uncertainty, angst, and financial stress amid this period of organizational change. As leaders, your employees will turn to you now more than ever for guidance to navigate through the pandemic and the next normal.

Mindful leadership emerged as a common need for our nation's workforce in a recent survey of employees at leading organizations. To support this, eMindful, the leading provider of live, virtual mindfulness solutions, will hold a webinar series to help you learn mindful leadership skills and strategies to support your team and lead effectively in the months ahead.

**Register and gain complimentary access to mindfulness programs and resources for leaders.**

## Upcoming Webinars

Friday, May 22, at 2 p.m. ET  
**Cultivating a Learning Mindset**

[Register here >](#)

Friday, June 12, at 2 p.m. ET  
**Increasing Self-Regulation**

[Register here >](#)

Friday, May 29, at 2 p.m. ET  
**Developing Leadership Presence**

[Register here >](#)

Friday, June 19, at 2 p.m. ET  
**Cultivating Flexibility**

[Register here >](#)

Friday, June 5, at 2 p.m. ET  
**Gaining Clarity**

[Register here >](#)

Friday, June 26, at 2 p.m. ET  
**Building Self-Confidence**

[Register here >](#)

If you have any questions or need assistance, please contact [support@emindful.com](mailto:support@emindful.com)