



Five Strategies from a Congressman and Military Elite Veterans for COVID-19 and the Next Normal

There is a powerful mindset our military elite forces have in common. The ground can shift beneath them in a moment's notice and they need to know how to adapt. This is much like our current climate and the ongoing uncertainty surrounding COVID-19.

In this webinar, you will hear from a Congressman leader, a Navy SEAL Commander, an Air Force F-15 Pilot, an Army Special Forces Officer, and a Marine Corps Intelligence Officer on what they have learned from their time on Capitol Hill and in combat, with strategies they can share for you to lead corporations through COVID-19 to the Next Normal.

Register and gain complimentary access to mindfulness programs designed for veterans and for us all during this challenging time.

Upcoming Webinars

Thursday, May 7, at 11:30 a.m. ET
Dealing with Turbulent Times: Build Grit and Resilience
[Register here](#)

Thursday, May 28, at 2 p.m. ET
Connecting with Others in Times of Crisis
[Register here](#)

Thursday, May 14, at 2 p.m. ET
Managing Fear and Uncertainty: A Mindful Approach
[Register here](#)

Thursday, June 4, at 2 p.m. ET
Managing Family Dynamics in Turbulent Times
[Register here](#)

Friday, May 22, at 2 p.m. ET
Being at Your Best in the Worst of Circumstances: Practice a Growth Mindset
[Register here](#)

If you have any questions or need assistance, please contact support@emindful.com