

CONSCIOUSNESS – MINDFULNESS - LEADERSHIP: WHY THEY MATTER *An Invitation from the Center for Meaning, Work and the Soul*

Are you interested in Mindful Leadership? If so, you are invited to this intriguing seminar that will challenge the way you see the world, how you think, and how you engage with others. You will have a new appreciation of the mind, and you will immediately be able to put yours to greater effect. How?

By exploring these areas:

Consciousness – What is it? Where does it come from? How can you heighten yours so that you gain greater insights, hone your intuition, and make wiser decisions?

Mindfulness – How might you practice mindfulness in daily living? How might your mindfulness result in greater presence, better inter-personal engagement and more thoughtful language?

Leadership – How might you use your leadership skills to greater effect? As a mindful leader, how might you understand new realities and their impact on your organization better? What skills can you enhance so as to mobilize people more effectively?

This seminar will address all of these questions and will give you insights and techniques that you can apply immediately in both your personal and professional life.

Key Seminar Take-aways

- **You will understand the power of the mind and use it more effectively**
- **You will see and understand reality differently**
- **You will think in new ways**
- **You will have greater insight and intuition**
- **You will be able to mobilize others more effectively**

Seminar facilitator: Annabel Beerel, PhD

This 3 hour seminar is free. Attendance is by invitation only.

For more information contact Annabel Beerel abeerel@comcast.net