

Corporate Wellness Series

MINDFULNESS AT THE WORKPLACE for Busy People

Join us for a complimentary workshop to learn how we can benefit at work and in our private life by applying mindfulness practices to enhance our communication and relationships, improve our focus and resilience, boost our performance and creativity, as well as empower our sense of self-worth and well-being in the post-pandemic world. The workshop will conclude with a soothing Soundbath.



Wednesday, June 29, 12:15 PM - 1 PM

2nd floor - The Gallery Conference & Event Center

+ Sound Bath Meditation

- What is mindfulness? How can we practically apply it at the workplace?
- Benefits of mindfulness: how it can make our life and work easier, less stressful, and more efficient. Cognitive, emotional, and health benefits of Mindfulness.
- Mindful communication: "*response, not react*". Learn simple and powerful techniques to boost our communication with clients and colleagues.
- Mental fitness and the art of self-management: formal and informal practices:
 - Practice #1. three-minute breathing space: learn to meditate while taking a quick break
 - Practice #2: mindful speaking and mindful listening
 - Practice #3: self-compassion: regain the sense of self-worth, confidence, and comfort
 - Practice #4: *Soundbath* meditation: the restorative power of sound.

Guest speaker: Oleg Smirnov, M.A.

Program director and founder of Sound Living LA, Oleg Smirnov has over 15 years of experience in practicing, coaching, and facilitating wellness and mindfulness. In addition to a Master's degree in Psychology, Oleg has years of in-depth study of eastern meditation traditions.

