

7 PRACTICES



TO BE A MINDFUL MEETING PROFESSIONAL



GRATITUDE



CENTERING



EXAMINE BELIEFS



MOVEMENT

MINDFULNESS IS:

A series of practices to become fully present in the moment without judgment.

MINDFULNESS SOLVES:

Stress • Anxiety • Overwhelm
Lack of Focus • Increases Memory



USE
TECHNOLOGY
CAREFULLY

MINDFULNESS AS A MEETING PROFESSIONAL IS:

Utilizing these 7 practices with your team creates healthy, happy, and profitable meetings.



CREATE VISION



SET INTENTION



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and *Mindful Leadership The A or Z Guide for Stress-Free Leadership*

Keynotes | Training | Coaching

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