



MINDFUL
LIFE™



"Find your focus, create balance, manage overwhelm, boost productivity, and tame stress"

MINDFULNESS AND THE WORKPLACE

**For school leaders, managers and administration.
REGISTER NOW - SPACE IS LIMITED**

Course Dates: April 5 - May 20

Register by March 30: <https://tinyurl.com/mindfulnessforleaders>

Discover the benefits of shaping and maintaining a happy brain along with easy ways to create mini mindful habits enabling long-term balance on your own time! Learn how to manage distractions, schedule work days for optimal brain states, and maximize efficiency, productivity, and sanity. Modules are delivered weekly into your inbox and only take 15-20 minutes to complete at a time that's convenient for you.

Prelude: Live opening webinar with Dr. Kristen Race

Week 1: Starting a mindfulness practice

Week 2: Managing brain states and how to calm your mind on demand

Week 3: The hidden costs of distractions

Week 4: Scheduling your day for efficiency, productivity and sanity

Week 5: Shaping a happy brain

Week 6: Mini Mindful habits and rituals to create balance

Week 7: Closing live webinar with Dr. Kristen Race



DENVER
PUBLIC
SCHOOLS | Employee Wellness
Supporting the Whole Educator