

---

# A Mindful Approach to Workplace Wellness and a Winning Career

Gain a deeper understanding of yourself, your triggers and what makes you tick as you discover new career-advancing habits when you register for this one-hour, LIVE, virtual event.

This course provides you will the tools and techniques you need to enhance your self-awareness, reduce stress, improve focus, decision-making abilities and overall well-being at work.

Find new ways of thinking and discover how to train your brain so that you're mentally stronger and better equipped to compete in today's ever-changing business environment.

## Day 1

- How to replace negative reprogramming with positive thinking
- Self-awareness and the power of the conscious and the subconscious mind
- Simple solutions to counteract your personal triggers
- Tools for relaxation and importance of scheduled breaks
- Steps for creating a support system and asking for what you need



[skillpath.com/XMIND](https://skillpath.com/XMIND)