

MINDFUL LEADERSHIP TRAINING

**ONLINE CLASSES
BEGIN 07/07/22
to 08/18/22**

In just 8 weeks you can:

- Rewire your brain to reduce anxiety
- Navigate thoughts and emotions to improve focus at work
- Get clarity and confidently manage relationship with self and others.

7:30-8:30 pm PST

Deadline to register
07/03/22



To register email:
indu@bodytalksmindlistens.com

[Learn More Here](#)

Class Course

- **Week 1:** Definitions, techniques and how mindfulness works
- **Week 2:** Why self care is the key to all changes and how to make it a regular part of life
- **Week 3:** Origin of thought patterns and how to direct them
- **Week 4:** Should you trust your emotions and what role they play at work and life

Class Course

- **Week 5:** Setting intention and improving focus at home and work
- **Week 6:** Expanding spaciousness to reduce time stress forever
- **Week 7:** How to improve relationships by using gratitude and kindness
- **Week 8:** Integrating everything into a Mission statement and leading a purposeful life