



I attended a presentation by Julie on Mindfulness. She did a fantastic job engaging the audience to understand what it is, why it is important to practice it for a few moments. With all the multi-tasking that we do and are expected to do, this was a great reminder to step back and focus on the present and the activity you are doing or simply the person you are with.

-Michelle Hunt, T & E Sourcing and Operations

Boost Your Company's Well-Being and Bottom Line

Mindfulness @ Work is a 6-module course designed to cultivate a wide range of mindfulness skills aimed at enhancing attention, concentration, productivity, communication, emotional intelligence creativity, and self-care.

- Mindfulness at Work
- Well-Being & Calm
- Creativity & Innovation
- Productivity & Efficiency
- Emotional Intelligence
- Best Practices

This program can be delivered in 6-modules in a one or two-day class. Individual modules can be presented for Conference Keynotes, Workshops and/or Breakouts.



To bring a Mindfulness @ Work Program to your organization: Contact: Julie Sachse, SAX Meditation

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