

Wellbeing with mindfulness

Learn that practising mindfulness doesn't have to involve kale and almond milk (unless you really like kale and almond milk!).

Find out the fundamentals of mindfulness and how they can apply in your work practice.

Discover how you can increase your adaptability in leadership by deliberately doing a little nothing every day!

Take away some evidence based strategies for building relationships and increasing your wellbeing while you work!