



SECRETS OF A HEALTHY MIND

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

In order to fully show up and bring our best selves to our work and relationships, we have to become more intentional about creating greater resilience, balance, and wellbeing in our lives. By cultivating simple habits that have been scientifically proven to aid mental and emotional health, we can make the most out of our relationships and life.

ATTENDEES WILL LEARN:

- Gain insight into what gets in the way of optimal brain functioning.
- Learn what small changes and skills that can be developed for a more balanced and relaxed mind, increased creativity, and greater efficiency in all areas of life.
- Be encouraged to role model and share what they learn with loved ones.

