

# MINDFUL LIVING

Integrating mindfulness into every day work and life

8 WEEK PROGRAM

Week 1: Exploring mindfulness

Week 2: Balancing perception

Week 3: Active listening

Week 4: Responding rather than reacting

Week 5: Boundaries and leading the self

Week 6: Building resilience and managing stress

Week 7: Effective self-talk

Week 8: Creating your own mindfulness practice

TO ENROL IN THE PROGRAM GO TO:

[WWW.MONAMOMTAZIAN.COM](http://WWW.MONAMOMTAZIAN.COM)

[HI@MONAMOMTAZIAN.COM](mailto:HI@MONAMOMTAZIAN.COM)

1300 668 591