

MINDFULNESS FOR WORK & LIFE

A Team Building Workshop

What is mindfulness? How can it help us connect as humans, alleviate stress, and improve well-being? Experience the benefits for yourself. Feel more grounded and calm, and discover practical ways to be more mindful in your work and life.

This engaging workshop is a popular choice for team building, wellness initiatives, and leadership events. It is designed with diverse audiences in mind, whether they are reserved skeptics or enthusiastic fans.

CORE TOPICS INCLUDE

- What mindfulness is.
- Benefits, and why it's so valuable.
- How to practice in the workplace and beyond.

Content can be tailored to specific applications, such as: leadership, communication, peak performance, confidence, change management, or well-being.

AGENDA

- **00:00 - 00:15**
Welcome and Intro to What Mindfulness Is
- **00:15 - 00:30**
Activity and Breakout Rooms
- **00:30 - 00:40**
Group Discussion and Integration
- **00:40 - 00:50**
Practical Application
- **00:50 - 00:60**
Next Steps, Q&A



YOUR COACH

Kim Nicol is a life coach. She uses mindfulness, appreciative inquiry, and possibility thinking to help her clients become more confident and effective leaders. She leads

mindfulness workshops that help teams connect as humans, increase well-being, and find relief from stress and burnout.

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**Thank you so much for
the wonderful session this morning!
I've received so much positive feedback
from folks who attended about
the lessons they learned.**

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ADDITIONAL OPTIONS

- Add on a guided meditation
- 60-min, 90-mins, or half-day

For more information, visit kimnicol.com
or email hello@kimnicol.com
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