

## WELLBEING WEBINARS

# Ask the Experts

Our be.still corporate wellness webinars feature facilitators and topic experts to help your team integrate tools for navigating these unprecedented times. Our webinars offer strategies and resources to create a mindful and intentional system for taking charge of your well-being.

## WEBINAR THEMES

- Finding Flow: Aligning Vision and Values, Emotional Intelligence and The Adaptive Leader
- Resilience In Times of Upheaval
- What Matters at Work: Empathy and Compassion—The Missing Ingredients for Powerful Leadership
- Focus, Presence and Resilience: An Introduction to be.still Mindfulness and a Mindful Corporate Culture
- Power, Presence and Impact: A Mindful Path to Mastering Self and Leading Others
- Be the Chief Well-Being Officer of Your Own Life: Balancing Happiness and Success



Help employees learn to cultivate work balance with our webinar series. Get in touch with us for more info.