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Navigating Your Community:

Becoming the Best YOU!

Mindfulness & Self-Awareness in the Work You Do

You're Invited!

Friday, October 25, 2019

9:00 AM - 10:30 AM

Registration starts: 8:45 AM

[Add to Calendar](#)

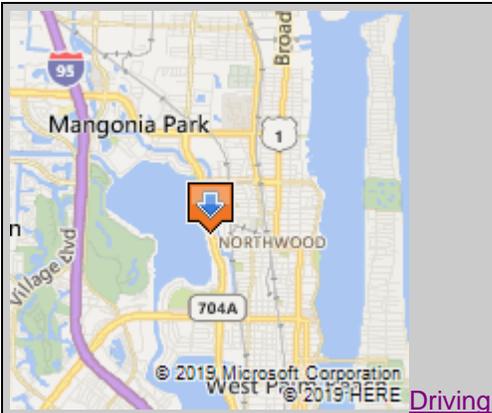
Quantum Foundation Community Room

2701 N. Australian Avenue

West Palm Beach 33407

Mindfulness is a term that is frequently used but rarely defined. It is a useful way of cultivating self-kindness, compassion, and increased awareness to and acceptance of those things that are beyond our control. Practicing true mindfulness encourages living in the present while it addresses the danger of distorted thinking. Staying in tune both mentally and emotionally improves perspective to enhance personal and professional success.

Self-awareness is an important part of everyday life. It transfers over to your personal, social, physical and work life. As health care providers, we tend to think of others before ourselves, but in reality we should take care of ourselves first to effectively care for others.



[Directions](#)



Supported by:

According to the Institute for Healthcare Improvement, if we do not engage in self-care and are continually working ourselves to the limit, perhaps suffering from burnout, it is unlikely that we will have ample energy to help others in the ways we would like. There are proven methods for creating a positive work environment that creates these conditions and ensures the commitment to deliver high-quality care and services to clients/patients, even in stressful times.

Please join us for a valuable information session with Shandra Stringer, from Grassroots Consulting, Inc. who will highlight:

- **The benefits of mindfulness and self-awareness**
- **How it can improve ones effectiveness and delivery of care and services.**
- **How to cultivate positive emotions that will have an effect on the work environment.**
- **Understanding the different aspects of the nature and value of emotions.**

This is a **FREE** workshop. Please register as soon as possible.

Seats are limited.

Register Now!

We look forward to your participation! Please forward this to colleagues and friends you believe would be interested in attending.