Out of Your Mind?

Mindfulness for Busy Professionals

Taking a mindful approach changes for the better how we experience and manage situations so that we become more responsive and less reactive. This webinar gives an overview of mindfulness: exploring its potential impact and the techniques to apply and build into your daily life as you balance work and life.

Join us on: Wednesday 10th January 2018 @ 12:30 – 13:30 pm

Register at the Knowledge Centre on your Work+Family Space: http://www.myfamilycare.co.uk/oxford

*Catch up on past webinars through your Work+Family Space