

# Mindful Momentum

## Increasing efficiency with a finely tuned team

I believe in spreading the tools for positive and empowering collaboration. We spend more than half our lives at work. We should be able to live those hours inspired and driven.

Empower others : Empower yourself.

We've all heard that mindfulness decreases stress and increases productivity. But it's a solo thing, right?

But what if you could incorporate mindfulness into the way your team works? What would happen if you could synchronize the focus and impulses of your team?

**Mindful Momentum** is a highly participatory course that emphasizes group mindfulness. Participants are led to tune into themselves, their environment and each other using on-your-feet exercises that promote listening skills, non-judgement, curiosity, and positivity.



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## Methods of the Mindful

In this course, participants will experience

- Less stress
- Faster response time
- Sensitivity to the group dynamic
- Fast decision-making
- Happier interactions

This is a fun, active, and mindful way to tune participants into the individual, the group, and your organization. Give your team a boost with **Mindful Momentum**.