



anitaChakravarti M.D.

Dr. Chakravarti is a university professor and retired anesthesiologist working in Health and Wellness Promotion. She is C.E.O. of [M]POWER Mindful Professional Practice, offering seminars and workshops on mindful practice as a catalyst for individual, organizational and global change.

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PURPOSE

To encourage mindful practice as a way of being present in our life, our work, and our world with competence, compassion, connection to community and the power of now.

KEYNOTES, SEMINARS AND CORPORATE RETREATS

All sessions offer an introduction to mindful practice in context of life and work. They integrate educational and experiential components, incorporate information on evidence base and neuroscience as well as provide effective strategies in building individual resilience. All sessions are tailored to the context of your organization and may be developed into a framework for a mindfulness based wellness program.

WHAT IS MINDFULNESS?

“Paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”

HOW CAN I PRACTICE MINDFULNESS?

Mindful Moment and Mindful Minute exercises are presented; resources for further learning offer opportunities to all participants to engage at their level of interest.

WHY PRACTICE MINDFULNESS?



TESTIMONIAL

“ Good mix of information and mindfulness activities. Loved the connection to evidence. ”

- UNIVERSITY FACULTY MEMBER

RECENT HIGHLIGHTS

PARTICIPANTS

Johnson Shoyama School of Public Policy,
University of Saskatchewan

Human Resources & Organizational
Development, University of Saskatchewan

Executive Women Group of Saskatoon

Saskatchewan Health Authority

Saskatchewan Medical Association

College of Dental Surgeons of Saskatchewan

Canadian Association of
Oral Health Professionals

PRESENTATIONS

Canadian Anesthesiology Society (2018)

International Conference on Physician Health
(2012, 2014, 2016)

International Conference on Residency
Education (2016)

Society of Obstetrics and Gynecologists of
Canada (2015)

Canadian Conference on Physician Health
(2011, 2013, 2015)

PUBLICATIONS

Anesthesiology Resident Wellness Program at the University of Saskatchewan: concept and development. Chakravarti A et al. Can J Anaesth. 2017 Feb.

Anesthesiology Resident Wellness Program at the University of Saskatchewan: curriculum content and delivery. Chakravarti A et al. Can J Anaesth. 2017 Feb.

TESTIMONIAL

“ ... overwhelming positive feedback. They loved you!! And they loved not only did you give us the theory/background on the science behind mindfulness but you also gave us some tools on how we can use it, which I think is what everyone really wanted to walk away with. Many have expressed that they would love to see you back again. ”

- SASKATOON BUSINESS EXECUTIVE

Keynotes | Seminars | Corporate Retreats

Get in touch to inquire about availability and pricing:

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