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?
- Individual & Organizational Wellness
- Performance & Productivity
- Safety & Situational Awareness
- Compassion & Connection
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 Residency Education (2016)
Society of Obstetrics and Gynecologists of Canada (2015)

PUBLICATIONS

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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