

Maintaining Momentum: and International Mindfulness and Compassion at Work Summit



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Summit 9:45-

Masterclass
with Bodhin
Miller

& Luis
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A TRULY MINDFUL GATHERING FOR LEADERS, COACHES: BE PREPARED FOR TRANSFORMATION

- Combining compassion with mindfulness at work for people and businesses
- Not your usual jam-packed conference leading to over-facilitated by **Eunice Aquilina, Carrie Birmingham &** programme blends expert input with opportunities to & practice together
- In a beautiful location that lends itself to mindfulness sessions will be held outside, with views of the Guard