

Mindfulness

Finding Space in your Day



April 4, 2018

2 Session options:

8:15 - 10:15 am,
Algona Campus,
Room 16 (Class #2117)

2:00 - 4:00 pm,
Spencer Campus,
Room 108B (Class #2118)

\$55 Registration

Register at:
www.iowalakes.edu/ce
Questions, call: 800.252.5664

Are you unable to focus
on one thing at a time?

Learn how to:

1. Be present in your work day and in leading and working with others
2. Focus without allowing distractions to draw your attention from what is important
3. Reduce stress of a fast-paced work environment
4. Accept others and situations beyond your control

Facilitator Kevin Pokorny is a master trainer, consultant, speaker, and sage adviser on mindfulness practices.

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