



THE MINDFUL JOB SEARCH

DISCOVER MINDFUL HABITS TO BOOST YOUR JOB SEARCH

with Sarah Breithaupt, MEd, LCPC

The ancient practice of mindfulness is proven to increase personal wellbeing and resiliency. Its benefits include stress reduction, mental clarity, improved problem-solving, as well as increased energy and confidence. Can you imagine what this could mean to your job search? This experiential workshop will introduce you to mindful techniques to apply to your personal and professional life, even job interviews.

FRIDAY

MARCH 13 | 830 AM

FREE ADMISSION

REGISTER AT WORKNETDUPAGE.ORG