



Mindfulness Meditation for Well-Being and Performance

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Mindfulness Program for Optimal Well-Being & Work Performance

Virtual (1 hour each week)

Business consists of people and it is people that make it efficient or not. The reality is that many people operate their lives operating in the past and future simultaneous. This leads to ongoing fear from the past that triggers stress and then projects to the future which leads to anxiety. It is anxiety that leads to procrastination. A lack of focus or clarity leads to life getting in the way which limits results.

This program is designed for all levels for those interested in achieving optimal well-being and improving their level of workplace performance. It involves the introduction and process to mindfulness along with other habits that will serve toward to have impact over emotional, physical, spiritual, and financial well-being along with improving production, focus, communication, and efficiency in your work. Participants will cultivate awareness, acceptance, and forgiveness stance toward their thoughts, feelings, emotional state, and body sensations. Emphasis will be focused on cognitive behavioral strategies, interpersonal & interdependent communication, and exercising self-care as a priority.

(See reverse side for modules)



Not a LifeCare member? Sign up!

<http://ercincorp.com/lifecare>

Registration Code: ERC

Wherever you are in life, there's LifeCare.

Monday, April 20th 2020

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Module: Mindfulness for Self-Care
Mastery Concepts

- Practice guided Mindfulness Meditation
- Other Mindful Exercises (Practice one – Walking Meditation)
- Shift from Fixed to Growth Mindset
- Determine Your Core Values & Beliefs
- Develop Personal Value Statement
- Develop a Life & Business Strategy

Monday, April 27th 2020

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Module: Mindfulness for Self-Care
Implementation & Accountability

- Practice guided Mindfulness Meditation
- Other Mindful Exercises (Practice one – Before Sleep Meditation)
- Implementation of Your Plan through Mindfulness with Accountability
- Understanding & Applying of the 8 Pillars of Wellness for Optimal Well Being

Monday, May 4th 2020

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Module: Mindfulness for Stress Reduction

- Practice guided Mindfulness Meditation
- Mindful Exercise (Body Scan)
- Mind and Body Awareness to Reduce the Effects of Stress, Pain or Illness
- Process to Develop less Emotional Reactivity to Stress
- Develop Equanimity to Face Change
- Develop Non-Judgmental Awareness in Daily Life
- Develop a Joyful Life & Business focused on the Process and not attached to the Outcome

Monday, May 11th 2020

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Module: Mindfulness for Effective Communication

- Practice guided Mindfulness Meditation
- Mindful Exercise (Empathy & Kindness Meditation)
- Art of Relating & Listening to Understand versus Respond
- Shift from Codependent to Interdependent Environment through Mindful Communication
- Mindful Communication Strategy Exercise

Monday, May 18th 2020

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Module: Mindfulness for Time Management

- Practice guided Mindfulness Meditation
- Mindful Skills to Improve Focus & Time Management for Better Results
- Steps to Achieve More Harmony in Life & Business
- Mindful Exercise (Empathy & Kindness Meditation)

Monday, June 1st 2020

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Module: Mindfulness for Relationships

- Practice guided Mindfulness Meditation
- Mindful Exercise (Before Sleep Meditation)
- Mindful Skills to Build Interdependent Relationships
- Shifting out of Codependency Being Present
- Building Relationship Capital through Mindfulness

Christopher Salem, CEO of CRS Group Holdings, LLC mentors and consults with entrepreneurs, business leaders, sales professionals, and companies overall to build and protect their brands by raising their level of influence as trusted advisors to maximize their results. This starts from the inside out building your level of influence by shifting from a fixed to growth mindset and adopting a process to scale your business through raising level of influence.

Chris is also an accomplished business influence strategist, world-class speaker, award-winning author®, certified mindset expert, radio show host & media personality, and wellness advocate. He works with individuals around the world including business leaders from organizations such as JP Morgan – Chase, Ralph Lauren, UTC - Pratt & Whitney, Raytheon, Microchip Technologies, Anthem, US Consensus Bureau, United Healthcare, Laticrete Corporation, Hubbell Corporation, Conning & Company, and NYPD Forensics Department including universities such as University of Hartford, Bay Path University, Worcester State University, and spoke on overcoming limited beliefs for peak performance at Harvard University's Faculty Club.

Chris is the originator of the term Prosperneur™—an individual whose health and wealth are in alignment in a way that leads to true prosperity. His book Master Your Inner Critic / Resolve the Root Cause – Create Prosperity addresses this and went international best seller in 2016. He also co-authored the recent edition to “Mastering the Art of Success” with Jack Canfield. His weekly radio show Sustainable Success is part of the Voice America Influencers Channel.