



Revolutionize Your Mind!

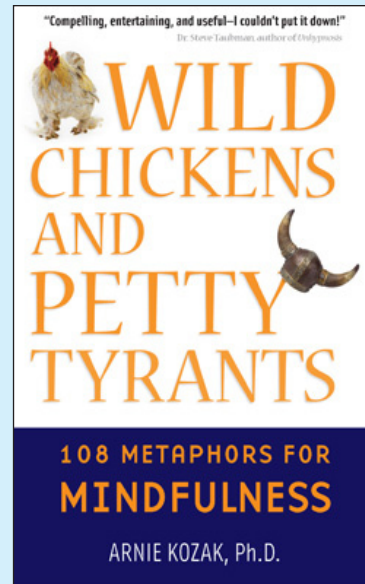
Engagement is the key to productivity, satisfaction, and resilience.

An engaged workplace is a productive workplace. Engagement is one of the pillars of positive psychology. It is the skill of giving our complete awareness to what is happening in the moment. When employees can leverage their full attention to their work, they are more joyful and efficient while being resilient and calm in the midst of challenge.

Mindfulness is an established method for training engagement and has over thirty years of research supporting its benefits. Forward thinking companies that have brought mindfulness training into the workplace include Google, Aetna, Dow, and Green Mountain Coffee Roasters. Mindfulness has also made significant inroads into health care, education, and the military as a method for training attention and promoting excellence while reducing stress.

Arnie worked in a corporate setting for ten years and knows the issues confronting the workplace. His training will provide your workforce with tools for addressing the demands of productivity within uncertain business climates without sacrificing wellbeing.

Participants will learn a variety of mindfulness practices, engaged working (and living), mindful communication, stress reduction, the Story Art™ method for working with obstacles, and more. The learning is experiential and inspired through metaphors and stories derived from Arnie's first book, *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness* and his forthcoming book, *Mindfulness A-Z: 108 Insights for Awakening Now*.



Arnie Kozak, Ph.D., is a Licensed Psychologist–Doctorate, Clinical Assistant Professor of Psychiatry, University of Vermont College of Medicine, and a Lecturer in the College of Nursing and Health Science at the University of Vermont. He is the founder of the Exquisite Mind Psychotherapy and Meditation Studio in Burlington, Vermont where he provides psychotherapy and free meditation training and practice sessions for the community. Arnie also writes a blog called Mindfulness Matters and has published three books.

Vital Wellness is a division of:



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Length and pricing of program can be tailored to your company's needs.