

Mindfulness:

Training your Brain to Thrive



Did you know that our brains are designed for us to survive rather than thrive? We are wired to ensure we stay alive which is different than being fulfilled. So we seek out situations that will enable us to feel safe and secure while minimizing circumstances that trigger a fear-based response.

Add to that the demands that are being placed on us as our landscape is evolving faster than we can adapt and our incessant use of digital devices drowning us in data and it's no surprise that most of us find ourselves steeped in survival mode.

The way we are living is not sustainable, as anxiety, stress and exhaustion are becoming the norm. All of these impact our performance, our engagement, our ability to focus, to innovate and to be creative. Mindfulness-based techniques enable us to train our minds to meet these challenges with resilience, by shifting from reactivity to responsiveness. The ability to cultivate both intention and attention is how we can retrain our brains to thrive. Join us as we learn and practice ways to do just that!

Date: Thursday October 11th 2018
Time: 6:00pm - 7:30pm
Location: Women's City Club of Pasadena
Address: 160 N Oakland Ave, Pasadena, CA 91101
Parking: Free Parking lot off of Madison,
second driveway south of Walnut.
Dress Code: Minimum Business Casual Required
Registration Fee: \$20 (includes buffet dinner)

To register visit: CarolinaCaro.com/pl/42255
or via email: Carolina@CarolinaCaro.com
or via phone: (646) 229-4898

