

## Mastermind's Top Mindfulness & Emotional Intelligence Topics of 2020

### Intro to Mindfulness

Learn what mindfulness is, how to practice mindfulness meditation, and the health benefits of training your brain. This session includes seated mindfulness practice and discussion. Participants leave with less stress, a deeper understanding of mindfulness and the foundation for establishing a practice.

### Stress Management Through Mindfulness

This class includes an overview of the mental and physical effects of stress, the brain health benefits of regular mindfulness practice, and accessible ways to mitigate stress in daily life. Participants will leave less stressed, with better understanding of stress and their particular stress points, and a mindfulness routine for stress resilience.

### Cultivating Grit

Based on the work of Angela Duckworth, this class will deep-dive into the science of resilience or “grit.” Participants will learn how to use mindfulness techniques to cultivate strength and flexibility in the prefrontal cortex, the area of the brain associated with regulating emotions and regaining control of stressful situations.

### Mindful Digital Detox

Explore mindful ways to cultivate a healthy relationship to your digital technology. Participants will reflect on their current relationship with technology, understand and practice the power of single-pointed focus, and leave with tools for optimizing digital engagement.

### Focus & Memory

Learn mindfulness practices designed to strengthen the circuits of working memory and attention. Participant will have a better understanding of habits that improve memory and focus, and things that we may be doing daily that deteriorate our ability to focus and connect the dots. This class includes mindful meditation to strengthen the brain pathways that drive memory and focus.

### Finding Work-Life Balance

In today's world of multi-tasking and 24/7 connectivity, work can seem omnipresent and overwhelming. In this workshop, mindfulness experts will offer practical strategies for incorporating mindfulness into work and life. Participants will practice single-pointed focus to increase engagement, happiness, and effectiveness in all aspects of their lives.

### Building Emotional Intelligence

Designed to improve awareness, connection and communication, and promote overall wellbeing, this training is based on the research-driven work of Daniel Goleman and focuses on awareness and management of self and others. Participants will gain tools and mindfulness techniques that may be incorporated into daily living.

### **Mindfulness for Creativity**

This class explores the brain's role in the creative process and how mindfulness can help you expand your ability to think outside the box and find new methods for applying creativity in your life. Participants will gain a better understanding of what creativity is, and how to foster its growth daily.

### **Mastermind's Year-Long Mindfulness Curriculum**

For corporations seeking to refresh their corporate culture and increase communication and connection, Mastermind offers a yearlong journey into mindfulness. Based on the research of Jon Kabat-Zinn, this 12-month program introduces, nurtures and grows the key pillars of mindfulness. This is transformative program that lay a foundation for healthier individuals, teams and organizations.

### **Mastermind's Year-Long EI Curriculum**

For corporations seeking to refresh their corporate culture and increase communication and connection, Mastermind offers a yearlong journey into your company's Emotional Intelligence. Based on the research of Daniel Goleman, Rick Hanson and Marc Brackett, this 12-month program introduces, nurtures and grows the key components of Emotional Intelligence, expanding the EI quotients of participants. This is an integrated program that will strengthen your team by growing the EI of each individual.

**[Contact us for pricing.](#)**