



MINDFUL COMMUNICATION

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OVERVIEW

Our ability (or lack thereof) to effectively communicate can impact virtually every aspect of our lives. Mindful communication is a practice that helps us better connect with those we are speaking with, give our full attention and truly connect; helping to facilitate deeper, more effective and more meaningful interactions. From work to our personal lives, communication is key.

OBJECTIVES

- Understand how to facilitate more mindful communications.
- Recognize potential roadblocks and sabotaging tendencies we may have.
- Leave participants with a general understanding of basic mindfulness meditation practice and how it benefits our ability to communicate.

**Please remember to submit a session evaluation.
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