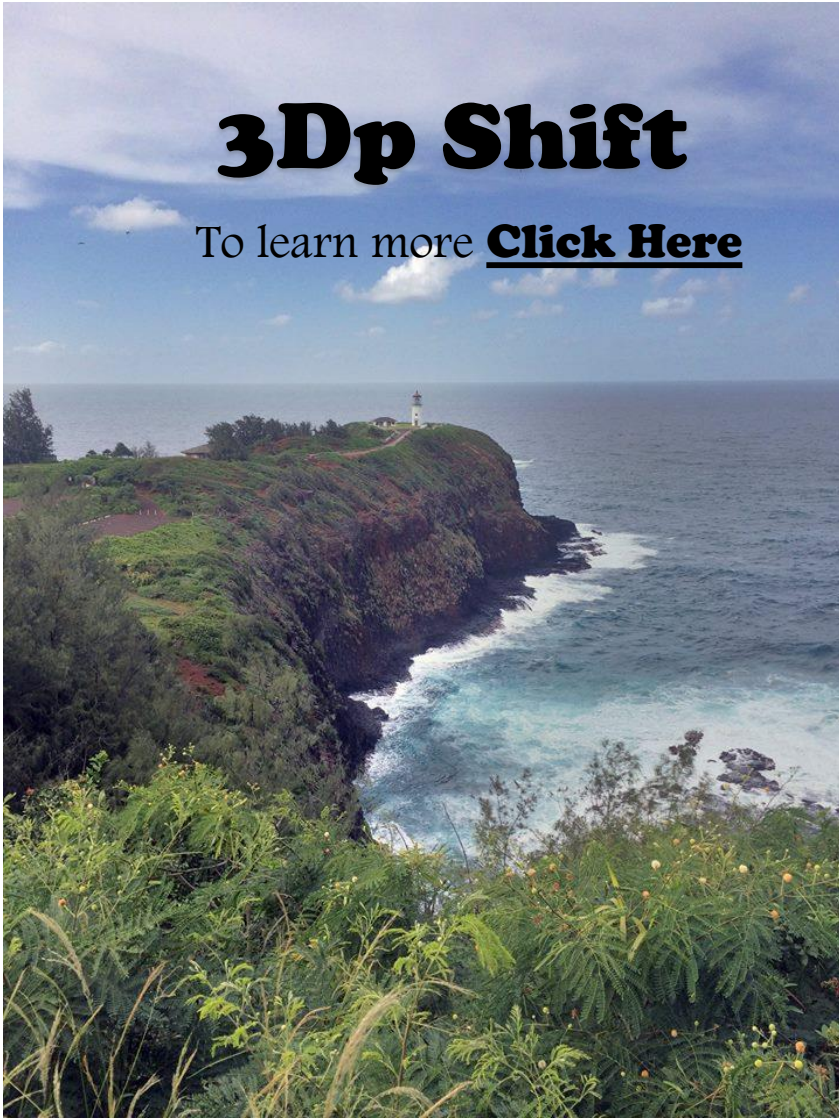


# 3Dp Shift

To learn more [Click Here](#)



A shift is fluid and occurs through movement. It is a process and a practice, not a position. What is perfect in one moment is not necessarily helpful in the next moment. We must be awake and aware – of ourselves and others if we want to sustain our balance.

HOW we notice our attention is often called Mindfulness. Attention influences our balance. Our balance determines our decisions, and our decisions impact our success – personally and professionally.

Mindfulness works like a shift, a shower, education or motivation. We must exercise it regularly to experience full benefit.

3D Living Center, LLC is offering 30-minute Mindfulness live web-based video calls. There are two options. One is focused on individual mindfulness and the other is focused on leading or influencing others.

You are invited to to get in 3Dp Shift.

- Mindfulness for Individuals is “[Get Your Shift Together](#)”.
- Mindfulness for Leaders & Influencers is “[Leader Shift](#)”.

To learn more [Click Here](#)



<https://3dlivingcenter.com/in~3dp~shift/>

We hope you will join us!