



# Get Your Shift Together

Do you find the end of your rope before the end of the day?



Busy  
is not the same  
as  
Productive

Studies find that mindfulness training increases confidence, intelligence and focus at work, leading to greater well-being.

## Mindful-Power-Pause-Moments

### **Virtual Sessions Include:**

30 minutes of training / 10 minutes Q&A:

1. Mindfulness with EQ tools training
2. Application: with clients, colleagues and each other
3. Action Plan takeaway for everyone

Call us to discover how mindfulness can work for you and how it relates to your bottom line ▶ ▶ ▶

## Benefits of Mindfulness at Work

- Higher Productivity
- More Accuracy
- Greater Focus and Flexibility
- Better Problem Solving
- Innovation and Creativity
- Less Stress

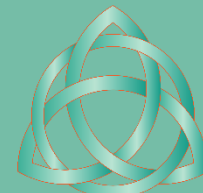
It's Time to

## **Get Your Shift Together**

**3D Living Center, LLC's**

### **Mindful-Power-Pause-Moments**

*Individual & Group rates*



*3D Living Center, LLC*

DESIRE DISCIPLINE  
& DETERMINATION

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