



Mindful Relationships

Mindfulness practice trains us to be better observers of ourselves so that we can appreciate when we are imposing a rigid definition/ understanding of ourselves unnecessarily. We can notice the aspects of ourselves that are changing that would be beneficial explore/update/accept. As we do this work, it allows us to show up authentically in the moment. It allows us to evolve. This collection explores how mindfulness can deepen our relationships.

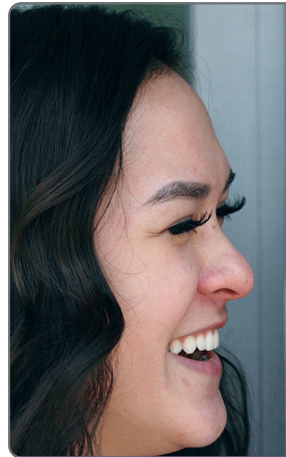


Mindful Relationships topics:



He Said, She Said

Have you noticed how bad you can feel when something you said or wrote was misinterpreted or how you mistook the meaning of someone else's message? In this session, we will cultivate a practice to help you gain self-awareness about what is affecting your ability to communicate clearly.



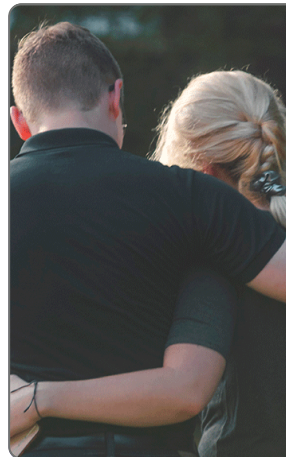
The Real You

Have you noticed how differently you show up under different circumstances and wonder which "you" is the authentic "you"? In this session, we will develop a process to touch base with ourselves and make space for how we are in the moment.



Real Relationships

This practice can help you to protect you from relationships you find exhausting. You will learn to use self-compassion to safeguard your energy.



We're Both Right

Sometimes we're so attached to our own ideas that we stop listening to others and miss the opportunity to learn from them. With mindfulness we can consider others' ideas without condoning them...and without disrespecting ourselves.



Cultivating Gratitude For Those Who Are Near

Have you noticed how easy it is to take people for granted...especially your family, friends and colleagues? In this session, we will cultivate gratitude through a simple process of clear and distinct steps.

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