



The Power of Mindfulness— Paying Attention Can Change Your Life and Business

Speaker: Kristen Stroud, M.A.

How would your business improve if you were more focused and less scattered? More responsive and less reactive? Does your attention get pulled in too many directions at once? Perhaps you'd like to be more efficient and get tasks done with time left over for self-care and fun.

Kristen will share practices for taming the mind, calming the body, and resetting the nervous system for maximum health, productivity, creativity and satisfaction, that will serve all aspects of life and work. She will demonstrate how even a brief, focused, attention or breathing exercise fosters a fresh perspective for meeting day-to-day challenges at work and at home with more patience, grit and inspiration.

You'll leave this meeting refreshed, inspired, and ready to meet the challenges of your business with focus, clarity, and calm.

Bio

"Regular mindfulness practice is like doing sit-ups for your brain," Stroud says. Specializing in mind-body solutions, Kristen Stroud, M.A., provides practical tools for increasing effectiveness and success in your personal and professional life. As a Certified Hakomi Practitioner, she applies the neuroscience of mindfulness and self-directed change to enhance performance and resilience while assisting clients in moving beyond outdated habitual patterns to access great freedom, satisfaction and wellbeing.

A trainer for the Women's Business Center at JEDI, Kristen provides mindfulness, stress resilience, neurofeedback, TRE (Tension Releasing Exercises) and workplace wellness programs to many organizations and individuals in the Mt. Shasta area and beyond. www.kristenstroud.com.



When Thursday, Oct. 11, 2018
5:30 Networking
6:00 Dinner and Introductions
7:00 Program
8:00 Meeting Ends

Where Rogue Regency Inn
2300 Biddle Road, Medford

Cost Member - \$ 26* Non-member - \$ 31*

Menu Chicken Parmesan, Dinner Salad, Egg Noodle Pasta, Sauteed Vegetables Garlic Bread, Tiramisu Dessert; Coffee; Tea; Iced Tea
Vegetarian option: Eggplant Parmesan (Please request this when you register.)

***Get a \$3 discount for online registration and prepayment at wesoweb.org!**

Prepay an online reservation or call Cat Carroll at 541-890-4266. (Also call Cat about food allergies, cancellations, or other questions about registration.) Please submit your reservation request (online payment or phone) by 9:00 p.m. on **October 8th**. Reservations made after this cut-off date cannot be guaranteed. Cancellations must be received by that date or you will be responsible for payment of the uncanceled event.