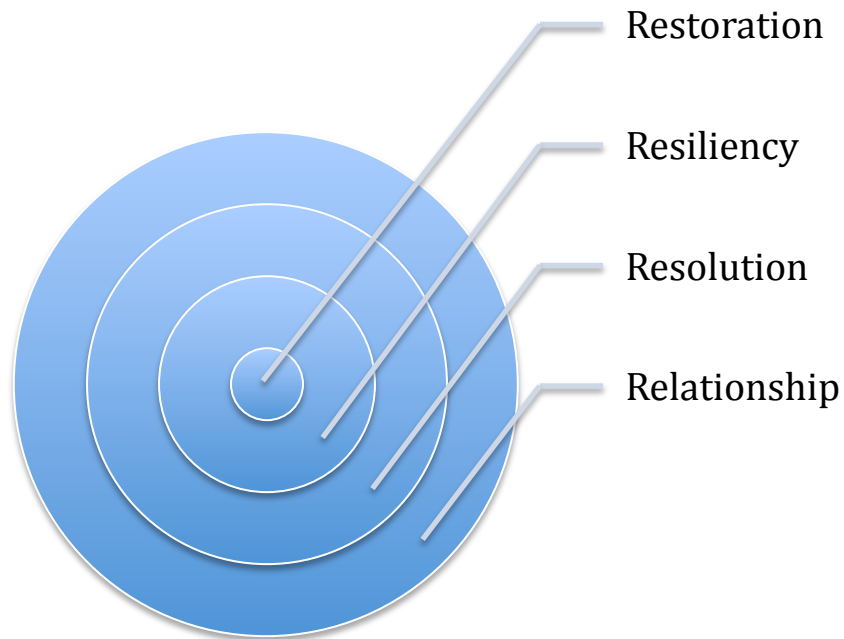


THE FOUR CIRCLES OF WORKPLACE WELLNESS



1. Mindfulness and Breathing skills to restore body mind balance, renewed focus, clarity, memory and reduce stress markers such as heart rate, blood pressure, breathing efficiency and body tension.
2. Awareness and coping skills that support the ability to meet challenges directly and strengthen adaptability, responsiveness and creative problem solving.
3. Introspection and Inquiry skills that uncover and resolve counter productive beliefs, attitudes, behavior patterns, emotions to create enhanced performance and equilibrium.
4. Communication and Conflict Resolution skills that shift problem focused relationship dynamics into appreciative inquiry, possibility thinking and lead to increased levels of trust, safety, rapport and effective information sharing.