



Mindfulness On the Job

a workshop with

Suzanne Kryder, PhD

Saturday, February 27, 2010 from 9 a.m.–5 p.m.

*St. Alban's Church – Nourse Hall
3001 Wisconsin Ave NW, Washington, DC 20016
Plenty of parking and Metro accessible*

Is your mind working for you or against you? The latest brain research shows how mindfulness and mental investigation can help you be calmer and more effective on the job. Invest a day in leadership training that helps you cope with the stress and conflict of not only difficult economic times, but any uncertainty in the workplace.

***~ This Workshop is a Fundraising Event for IMCW ~
Registration Fee \$125***

Goals:

- Use your brain to be calmer and more effective on the job
- Let go of negative beliefs, judgments, and fears at work
- Practice mindful awareness in a variety of activities including silent reflection and conscious conversation
- Write an action plan for developing calm, confidence in your work

Workshop provides:

- Follow-up support including a buddy system, an individual 30-minute coaching call, and a post-retreat group conference call
- Handouts and reading packet
- Catered lunch & snacks

Ideal for those interested in: creating greater ease at work, improved relationships with co-workers,

For more information, visit www.theMindtoLead.com.

Lunch, snacks, and drinks will be provided as part of your registration. There's no need to bring cushions for the floor, since all mindfulness practice and exercises will be in chairs. Please bring a blanket for your chair if you like. Space is limited and pre-registration is required.

More information about Suzanne Kryder can be found at: www.theMindtoLead.com

[Additional Information and Registration Form on back](#)

A limited number of scholarships are available for low income individuals.

For questions or to apply for a scholarship please contact:

Rebecca at rebecca.hines@earthlink.net or 301-649-1994.

To register, detach and mail the form below with your check (payable to IMCW) to:

Rebecca Hines

P.O. Box 3492, Silver Spring, MD, 20918

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Yes, I/we would like to register for the February 27th Retreat

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

I have enclosed my registration fee of \$125 - checks payable to IMCW

This workshop is also a fundraising event for IMCW – \$50 of the fee is a tax-deductible donation to IMCW. Suzanne Kryder is donating her professional services to support IMCW.

I have included a contribution to the IMCW Scholarship Fund of \$ _____

Your generosity supports a scholarship fund for persons who might otherwise not be able to attend the retreat. If you would like to make a tax-deductible contribution, please add the donation to your deposit check and indicate the amount that you are offering.

Please select a Lunch Option (check one):

Wrap: Thai Veggie (vegan) Thai Chicken Veggie Santa Fe Turkey Mango Chutney Chicken Salad

Sandwich: Tuna Salad Turkey Pesto Cranberry Grilled Garden Veggie (vegan)

Additional Information:

I can offer a ride from _____. I need a ride from _____.

It is OK to share my email with other participants in nearby ZIPs: YES / NO (Please circle one)

I will need an assisted listening device ____ YES (For other disability-related accommodations, please contact Rebecca.)

You will receive a confirmation, directions, and further details prior to the event. Please let Rebecca know if you do not receive confirmation within one week prior to the event or if you need confirmation via US mail.

Location: Adjacent to the National Cathedral - <http://www.st-albans-parish.org>

Ample parking is available in the Cathedral parking lot - Buses (31/32) run from the Tenleytown/AU Metro and stop directly in front of Nourse Hall.