

Cultivating everyday mindfulness: discovering your path to a fulfilling life and career

Date: **Thursday, January 11th**

Time: **3:30 - 5:00 PM**

Location: **68-180**



Instructors:

Jia Jia Zhang, PhD, Baker lab

Michaela Bartusel, PhD, Calo lab

*In this workshop, we will introduce several mindfulness concepts and discuss **how** and **why** practicing mindfulness in everyday life can help develop your self-awareness and motivation to experience greater overall well-being in work and in school.*

Important logistics: Please bring pen & paper and your smartphone to participate in the workshop activities
