



# Mindfulness For Busy Working Parents

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: In the new world of work (and life), a working parent has to juggle a plethora of professional and family responsibilities. Finding time to be in the present can sometimes be a challenging feat. Mindfulness is a technique that can help reduce parenting stress and anxiety, as well as boost focus and energy. Studies conclude that mindfulness training can help parents improve social interactions with their children.

This seminar is tailored for working parents and shares simple mindfulness hacks that can be integrated throughout the day – for improved energy management and work efficiency. The session also explores common challenges faced by parents and shares tools for increased self-awareness and resilience.

Content includes:

- Shifting perspectives
- Making time for mindfulness
- Mindful breathing exercises
- Enhancing daily routine
- Mindful parenting

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*