

# MEDITATION & MIND-MASTERY

## WORKSHOPS



### ABOUT THE FACILITATOR:

Arupa is a respected speaker, innovation trainer & consultant with a professional background in management & capability development. Former Scientist & Provincial Advisor in Occupational Health & Safety, she authored a Ministry of Labour paper on The Psycho-Social Impact of Occupational Stress, two innovation books, 2 science papers & 150+ articles in top training & management publications. Also specialized in mindful awareness, & meditation.

With an enlightened perspective that balances learning and scientific elegance, Arupa brings her audience invaluable know-how on how to effectively tap new sources of energy, purpose & innovation capital that maximize their return on productivity and imagination.

## Decodify and unmask stress Amplify your energy, purpose & wholeness

### What You'll Gain:

Create a better relationship with energy and improve your ability to be masterfully ahead of stress imbalance.

### Program Descriptions:

These are 1-hour programs that can be delivered on-site in your organization.

### Stress Management 101:

Learn the bio-physiology of the stress response

Differentiate between what is healthy stress and unhealthy stress

Recognize personal factors that influence a stress response and develop proactive habits

### Mindful Awareness:

Define mindfulness presence and what the benefits are

Guided facilitation through the experience of mindful awareness

How to set up a personal mindfulness practice

### Easy Meditation:

Explain the purpose of meditation and present an overview of different styles

Guided facilitation through an easy basic meditation experience

How to set up a personal meditation practice

### Master of Mind:

Learn to conquer and own your mind and not to let it own you

How to become resilient in the face of adversity

How to be able to be free to choose the thoughts that you want to think without the self-sabotage of worry, fear, doubt and anxiety

**About me:** *I have been directly involved with meditative techniques for over 20 years in my own personal practice & found them to be a health-giving way to achieve peace of mind & perspective in life. But I am a student too, continually learning, continually seeking to better my own abilities to stay balanced and even in the face of stress.*

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