Mindfulness Techniques for Promoting Professional and Personal Wellbeing

An introduction to mindfulness with the meditative practices to help bring balance to your professional and personal life. Mindfulness is being in the moment, fully aware without judgment. Practicing mindfulness in the workplace may assist you to increase focus and productivity, improve relationships and reduce stress.

Upon completing this course you will learn:

- Meditative practices for daily use
- Interventions to keep you in the present moment
- Tools for increased personal awareness and acceptance
- Applications to relax and deal with stress

What: 8 week mindfulness group
When: Wednesdays 12:00-1:00pm. Starting Wednesday, September 30th
Where: University Park Campus
The Center for Work and Family Life
The Figueroa Building: 3535 S. Figueroa Street, Suite 202 Los Angeles, CA 90089

Space is limited- Call the Center for Work and Family Life to reserve a spot at 213-821-0800.

Facilitator: Rachel Plasencia is a Licensed Clinical Social Worker, Employee Assistance Professional and mindfulness facilitator with the USC Center for Work and Family Life. Her clinical experience focuses on the workplace including stress, civility at work and work life balance. She emphasizes a strengths based approach with a special attention to mindfulness.

Co-facilitator: Rachel Amondson is a second year MSW student and intern at CWFL. She spent her first year researching the benefits of mindfulness meditation and facilitating a mindfulness group for veterans.

The Center for Work and Family Life is USC’s employee assistance program. We have locations on both UPC and HSC campuses. All CWFL services are a benefit of employment at USC, strictly confidential and free of charge. For more information regarding the range of services, we offer, please visit our website: www.usc.edu/worklife