

# CALM IN THE MIDST OF CHAOS

OUR 60-MINUTE INTERACTIVE EXPERIENCE EMPOWERS YOUR TEAM WITH MINDFULNESS TOOLS IN A FUN AND DYNAMIC WAY.

## WHAT CAN YOU EXPECT?

Through an interactive and gamified experience, you will gain tools to deal with fear, stress, and anxiety. From the first moments of gratitude to the final reflection on techniques learned, we create a safe space for practice to become more grounded, calm, clear headed, and focused. You will learn through a mix of self introspection and interactions with others, helping individuals and teams grow in a way that is engaging, impactful, and fun.

