

# Mindfulness at Work: Strategies for a Busy Life

## One-Day Workshop with Tim Burkett

Friday, October 20, 2017, 8:30 am - 4:30 pm

Breakfast and registration begin at 7:30. Lunch is included.

Opus College of Business, St. Thomas University, Minneapolis, MN

\$125 for employees of sponsoring organizations

\$175 for the general public

\$75 of this fee is a tax deductible donation.

Attendees encouraged to register early; event is limited to 200 seats.

To register: <http://mnzencenter.org/events>



## Deeply Enjoy Your Life and Your Work

We live in an era of great possibilities, but the price of pushing ourselves to achieve can be a life clouded by stress and tension. Meditation and mindfulness give us tools to return to our original stillness, and allow us relief from an out-of-control mind that constantly rushes forward into the future or rewinds back to the past. We have seen increased interest at the Minnesota Zen Meditation Center from many who wish to weave these practices into their busy lives. Offering this workshop is one way we can help introduce the healing power of meditation and mindfulness to the Twin Cities' business community. Dr. Burkett will be using material from Google's wildly successful Search Inside Yourself program. He will teach the techniques and skills needed to thrive in a results-driven, fast-paced professional career without becoming reactive.



### Dr. Tim Burkett

Dr. Burkett has taught meditation and related calming techniques for more than 25 years. He specializes in bringing together Eastern and Western approaches to help people increase their work satisfaction and emotional intelligence, and diminish work-related stress. Dr. Burkett is the Guiding Teacher of the Minnesota Zen Meditation Center, where he has practiced meditation for more than 30 years. Burkett has a Ph.D. in psychology and worked as a clinical psychologist for many years. He also served as CEO of People Incorporated, the state's largest community mental health provider, for 17 years prior to his recent retirement.

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## We are pleased to have the following sponsors for this event:

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