

Mind Your Wellbeing


Mindfulness Training for UBC Faculty & Staff

Want to experience less stress, more joy and better focus? Participate in one of our online challenges or in-person programs and see how incorporating mindfulness into the workplace can help you become healthier and more productive.

30-Day Mindfulness Challenge

How It Works

5-10 minutes a day 

Online anytime, anywhere, any device 

30 consecutive days 

Invite a buddy or colleagues 

Key Impact Areas

 Health and wellbeing

 Leadership

 Performance

 Improved teamwork & conflict resolution

Start Dates:

October 16, 2017
February 19, 2018

Cost:

Free

Register:

hr.ubc.ca/mindfulness

Mindfulness@Work

Interested in doing more intensive mindfulness work? Join our six-week, in-person training program that focuses on the practical integration of mindfulness and meditation into your professional and personal life.

Start Dates:

November 7, 2017
April 5, 2018

Cost:

\$100
per person

Register:

hr.ubc.ca/mindfulness

Need more info?

View the orientation webinar recording: bit.ly/2jZ58YF
Email questions to melissa.lafrance@ubc.ca

