



30-Day Mindfulness Challenge

UBC Faculty and Staff

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

Start dates:

October 29, 2018 or April 15, 2019



How it Works

5 to 10 minutes a day

Online anytime, anywhere, any device

30 consecutive days

Get to invite a buddy from outside the organization to join you



Key Impact Areas

Health and wellbeing

Leadership

Performance

Teamwork & conflict resolution

hr.ubc.ca/mindfulness