



insights from
the experts

Peak Performance and Resilience Virtual Training Month of April



We are excited to announce we are taking part in **NFP's Peak Performance and Resilience Virtual Training** throughout the month of April.

Starting April 6, you will have access to live virtual drop-in mental fitness trainings as well as an innovative App, both designed to teach work-related, foundational brain optimization skills necessary to have more resilience, focus, calmness, energy, and joy in your daily life.

Each week the live 30-minute training classes focus on a critical skill and provides you with innovative, evidence-based training you need to build that specific "brain muscle" in a fun, easy, and unique way.

Week 1: When overwhelmed, do this.

Week 2: Reducing Anxiety in a Crisis

Week 3: Goodbye distraction. Hello focus!

Week 4: Be curious under pressure.

Plus for these 30 days you'll have access to the innovative Wise@Work App to support your daily practices and help build lasting habits.

PROGRAM DETAILS:

- It's free
- Voluntary
- No previous meditation, mindfulness or performance training needed
- Topics are universal and directly apply to the work environment
- Drop in at least once a week, but attend as many sessions as you want
- Each class is independent so if you miss a week, just join in that next week

Give yourself a much-deserved brain break and learn the skills you need to live your best life.

Register now via the links below:

[Tuesday Webinars](#)

[Wednesday AM Webinars](#)

[Wednesday PM Webinars](#)

[Thursday Webinars](#)