



Party People Inc., Presents  
Peter Callahan, From the  
Copper Beech Institute  
*Virtually*



# COPPER BEECH INSTITUTE



Peter Callahan is a leadership & life coach, teacher, facilitator, and community builder. His passion is to teach and empower leaders, students, and professionals to discover and act on their values, pursue work they enjoy and the world needs, and bring deep connection and meaning to their lives.

## Webinar Topics Presented Virtually by Party People Inc.

We have each faced challenges through this pandemic, and in these evidence-based, experiential sessions, we will share tools and practices to acknowledge our struggles and learn how to use our experiences as opportunities for connection and growth.

### ***Dealing with Distancing and Discomfort***

How Mindfulness Helps Us Focus on What's Important

- \*Clarify your struggles and then your values
- \*Hear from others about theirs
- \*Set intentions for the moving forward

### ***The Real Benefits of Mindful Meditation for the College Student***

- \*What is this mindfulness stuff?
- \*Why does it matter to me?
- \*How can I implement it in a realistic way?

### ***The Power of Awareness***

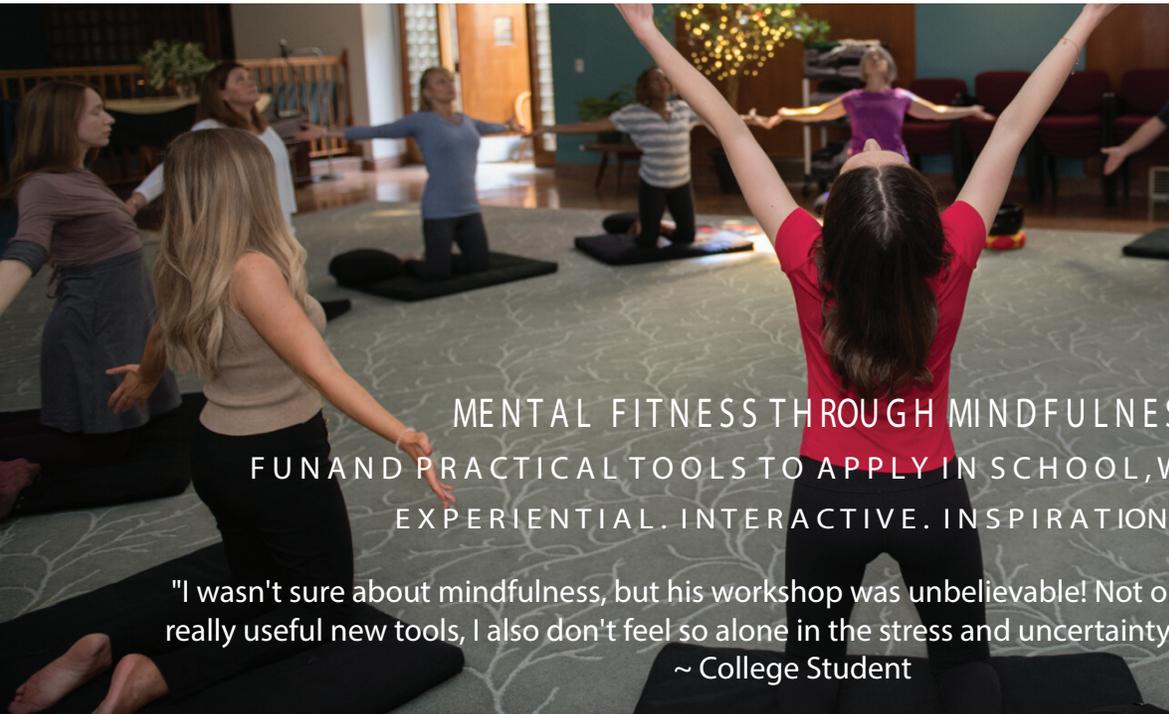
How Mindfulness Can Boost Your Focus and Reduce Your Stress

- \*Identify your stress and understand the impact on you
- \*Learn about the neuroscience of mindfulness
- \*Create an action plan for moving forward

In partnership with:



THE PARTY PEOPLE



	
<b>REDUCES</b>	<b>INCREASES</b>
Stress Conflict Isolation Burnout	Focus Trust Collaboration Resilience

MENTAL FITNESS THROUGH MINDFULNESS  
FUN AND PRACTICAL TOOLS TO APPLY IN SCHOOL, WORK & LIFE  
EXPERIENTIAL. INTERACTIVE. INSPIRATIONAL.

"I wasn't sure about mindfulness, but his workshop was unbelievable! Not only do I have some really useful new tools, I also don't feel so alone in the stress and uncertainty I am dealing with."

~ College Student