



THE MINDFUL HUSTLE

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OVERVIEW

Mindfulness gets a tremendous amount of attention for its potential to help us better manage stress, improve relationships and be present in the moment. In addition to all of that, mindfulness has proven to be an incredible practice for those looking to improve productivity, open up creativity and move forward. Supported by science, mindfulness can help us be better at everything we do. In this session, we will find that there is no hustle like a mindful hustle.

OBJECTIVES

- Understand how mindless, fast-paced action can work against our goals.
- Look at how the emerging science of attention and focus play into the mindful hustle.
- Leave participants with a general understanding of basic mindfulness meditation practice and how it benefits our capacity to be more productive and creative.

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