

RESTORING FOCUS

Combating Workplace & Technological Burnout

Are you overwhelmed with the volume of daily emails you receive? Do you find yourself trying to do ten things at once? Do you have trouble concentrating for sustained periods of time because so many things are vying for your attention? If so, this retreat may be for you!

Immerse yourself for 6 days in a restorative environment, learning practical strategies to counter some of the negative impacts of multitasking and technological use, in order to enhance focus and attention. Integrating neuroscience research with wisdom practices, this retreat will address:

- **Technological addiction & distraction**
- **Mindfulness practices to restore focus & concentration**
- **Managing workplace stress**
- **Reconnecting with our inner lives & each other**

APRIL 10-15, 2015
TSA-KWA-LUTEN RESORT
QUADRA ISLAND, BC, CANADA

FACULTY:

Paul Mohapel PhD in Psychology, Neuroscientist, Leadership Facilitator, Associate Faculty Royal Roads University

Tammie Wylie Master's in Leadership, bringing ancestral knowledge into organizational health

ABOUT THE LODGE: Tsa-Kwa-Luten Lodge offers privacy and relaxation within a 1100 acre forest located on Quadra Island. All accommodations enjoy ocean views of Discovery Passage. The lodge is a magical place of killer whales, soaring mountain peaks, swirling tidal waters & lush evergreen forests.



For more details on this retreat, the facilitators and registration, please visit: mindful-leadership.ca