

standing in the hub

cultivating calm, aware, focus for work + life

Mindfulness leaders from both psychological and contemplative traditions talk about a place of calm, aware presence that allows you to take in your internal world, external environment as well as relationship with others. It's a place of conscious awareness that offers the ultimate freedom - the powerful ability to choose your response. It's called the HUB. And It sounds great. But how do you get there? Through both a theoretical review of how the brain works and lots of time for practice, workshop participants will learn how to stand in the HUB of their lives.

Hi, I'm Liz

A leadership coach, yoga + mindfulness teacher and co-owner of Afterglow Studio. I love helping change-makers, and high-performers step into greater awareness, confidence and purpose.



I am trained with CTI and have an MBA from McGill University. When I'm not fulfilling my lifework or with my four kids + hubby you can find me in my happy place, running along the Lake Ontario boardwalk in the beach neighbourhood of Toronto.

KEY CONTENT

- Learn about the Wheel of Awareness
- Learn practices to help you stand in the HUB (calm, aware, presence)
- Learn tools to help you increase awareness of your inner and outer world and relationship with others.
- Learn the neuroscience behind why we get out of the hub and how we can stay there.
- Leave with practices that you can embed during your day

LENGTH

Various formats. Offered as a one-hour lunch + learn up to a 6-week group coaching workshop. Content adjusted based on time available.

TARGET

Leaders and teams.