



Living Beautifully in Uncertain Times Special Workshop Series

May 5, 12, 19, 26, 2022

7-8 pm EST

Hosted by: Nest Yoga + Massage Therapy

Multiple global crises, constant change, e-mails, texts, social media, work pressures and family obligations make staying present in this age of uncertainty an overwhelming feat.

This workshop series will offer tools and techniques to help you navigate uncertainty, change and transitions with greater ease.

You will leave each session with increased clarity of what is most important to you, tools to make choices that reflect your values, strategies to infuse everyday tasks with intention, and a pathway to build a beautiful life.

The sessions will be interactive and include discussions on:

- Taking charge of your day
- Working and living your life from a place of meaning and purpose
- Creating space for what is most important to you, and
- Increasing your effectiveness in everything you do - from e-mails to meetings to difficult conversations

Topics will include:

- What is Mindfulness and Why does it Matter?
- The Fallacy of “Multi-Tasking”
- What can ONLY you do?
- Communicating Effectively and Building Meaningful Connections

Paula Vital
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The Challenge:

- Change is a natural part of life, and ironically the only constant. Despite this reality, change and transitions are difficult to navigate.
- All change and uncertainty is accompanied by concerns, fears, and questions: How will everything turn out? How do I know if this change will make me happy? Is it meaningful? How do I stay balanced in the face of uncertainty? How do I know if I'm making the right decisions? How can I stay true to myself during this transition?
- Managing uncertainty and constant change is challenging for all of us, and particularly difficult for people with mental health conditions.

The Opportunity:

- While the habitual pattern of the human mind is to turn away from difficult and challenging situations, mindfulness asks us to dive right in.
- By becoming curious about our thoughts, our emotions, our body sensations, and our environment in whatever situation we find ourselves in, we actually become better able to navigate through our difficulties, and even enjoy the process.
- By building the skills of concentration, clarity and balance, we can empower ourselves to better see what we are actually doing with our day, recognize the struggles and obstacles keeping us from living with ease, and find a way to rediscover our natural and inherent goodness and beauty.



What you will Learn:

- We will explore the concept and definition of mindfulness and the significant benefits it can provide for your work and life – including resilience to skillfully respond to change, and an ability to experience increased joy, gratitude and wellbeing even during times of unpredictability and uncertainty.
- We will identify ways to understand fear, stress and overwhelm and explore ways to respond in clear and effective ways.
- We will also uncover the hidden challenges and root causes that could be contributing to feelings of powerlessness and confusion.
- Participants will leave each session with a roadmap for living with purpose, strength, beauty and clarity and small action steps to take each day, including practical tools and strategies to help regain a sense of balance, ease and wellbeing in the midst of challenging and overwhelming circumstances.
- You will leave the course with a deeper understanding of why mindfulness matters during this time of uncertainty, and an in-depth set of tools and strategies to increase clarity and efficiency, improve communication, and establish a clear sense of purpose and wellbeing.

Sign up Now! In-Person and Virtual participation available! Click [here](#) to register

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Testimonials:

“I have been attending Paula’s seminars for the last two years and she has really helped me along my own journey to Living Mindfully - it has helped not only in my personal life but has spilled over into the way I manage my work and career.”

- Eliska Frankova, Case Management Officer

“When you are ready to take a step towards improving your quality of life, meet with Paula to talk about how she might help you to address whatever ails you – joint pain, anxiety, the general stress of a busy life... Then put on some comfortable clothes and follow the sound of her voice.”

- Ishbel Halliday, State Ceremonial Senior Project Manager

“The biggest “aha” moment was this opportunity to experience how your mood and mental state can actually improve in a such short time.”

- Mariya Stefurak, Investment Sales Specialist, International Export Development

“Paula is a caring, supportive and knowledgeable teacher who created a calm and healing space for practice every time. She provides a gentle and subtle but effective way of tapping into your own body’s wisdom. I would find myself so much more able to think clearly and deal



with work tasks after returning from the classes each week. This class was actually pivotal in helping me to get through a stressful time at work trying to navigate a new project.”

- Renee Hewer, Organizational Change Advisor

“I appreciated Paula’s kindness and the way she adapted the classes for people of all abilities. I learned to be at peace with myself and focus on my breathing. This made me more productive at work and I had better sleep at night. I learned how to take control in stressful situations.”

- Taylor Halpern, Senior Policy Advisor

About Paula:



Paula Vital is an award-winning mindfulness coach, yoga therapist, speaker and writer dedicated to helping you move from striving to thriving by accessing the power of the present moment.

With over 20 years of experience in the field of mindful leadership and health, she is passionate about helping people integrate ease, clarity and wellbeing into all aspects of their life.

Paula is an Internationally Certified Yoga Therapist (C-IAYT). She has completed Levels I and II of Mindfulness Based Stress Reduction training, has two yoga teacher certifications (Classical Hatha and Vinyasa), and studied with world-renowned yoga and meditation teachers such as Maria Gonzalez, Felicia and Ante Pavlovic, and Shinzen Young.

As a trained lawyer, senior advisor in the Ontario government, and mother of two, Paula is uniquely able to help busy professionals apply powerful mindfulness principles to everyday life.

Paula offers yoga therapy and mindfulness coaching to individuals and groups, speaks regularly at corporate events on the power of mindfulness and has been featured at TEDx “ideas worth spreading”. She has contributed articles on mindfulness, wellness and resilience to the Huffington Post, Elephant Journal, Tiny Buddha, and Personal Growth.

Paula launched the award-winning Ontario Cabinet Office and Premier's Office Healthy Workplace, Healthy Mind initiative and leads the Ontario Public Service Mindfulness Program, offering daily mindfulness to over 60,000+ public servants across the province.

Paula is committed to finding joy and balance in her own life and helping others to do the same. Sign up for Paula’s free course of 3 Minute Meditations: *3 Minutes to Your Greatest Self* on her website, www.livethepresent.ca.

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