



Mindfully WFH:

Simple ways to boost productivity & well-being working from home

Some people thrive while working from home and others find the blurred lines between work and personal life stressful. While the degree of satisfaction you experience varies depending on individual circumstances, preferences and skills, there are some simple adjustments you can make to be more productive and focused while WFH.

Mindful productivity combines the use of mindset and routines to create an environment that allows you to feel calm and focused while successfully tackling your to-do list. In this session you will explore ways to navigate the challenges of working from home and have a happier and more productive workday.

Participants will learn:

- why working from home can be a practical and emotional challenge
- the surprising upside of remote working
- how mindful productivity sets you up for success
- strategies to optimize productivity and well-being in a WFH setting

This is a 60 minute session





Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world.

Laurel guides people to create the mindset, skills and routines that allow them to not only enjoy the beautiful moments of life but also manage the challenging ones. Her goal is to help you find the sweet spot where mindfulness meets resilience.

Motivational Speaker, Award-Winning Author, Certified Life Coach

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. She has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books ***Spontaneous Combustion: Setting Your Life on Fire*** and ***To Be Awake***. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit **laurelvespi.com**