



Awake at Work: Cultivating Confidence, Well-being and Mindfulness on the Job

Michael Carroll

Livelihood offers us countless opportunities to express our creativity, build fulfilling relationships, and contribute to our world. Yet research reveals a disturbing fact: going to work can often be downright unhealthy. Rather than leaving work feeling fulfilled and creatively inspired, many of us find ourselves feeling frustrated, driven, even besieged, by a workplace that is distressing – at times even toxic. Such circumstances present us with a beguiling modern day paradox: how can we creatively contribute to our world in the midst of conflict, frustration, and speed?

During this retreat we will explore this paradox and delve into how mindfulness awareness meditation can help us recognize workplace challenges as spiritual invitations to wake up and lead an uplifted, noble life on and off the job.

Tuition \$195 + 2 nights



Michael Carroll is the author of *Awake at Work* (2004) and *Mindful Leadership Training* (2016), has held executive positions with Simon & Schuster and The Walt Disney Company, and has taught widely on workplace mindfulness including Harvard, Wharton, Lerab Ling & EVAM Institute. He has been practicing meditation since 1976 and is an authorized teacher in the Kagyu-Nyingma lineage of Tibetan Buddhism.

Two hours from Denver, our 600 acre, mountain valley facility provides an ideal environment for meditation, yoga, retreats, and conferences.

For more information, registration or to request a free catalog:
www.shambhalamountain.org | (888) 788-7221

