



GUEST SPEAKER:  
**DR. LISA LISZCZ**

# MINDFUL METHODS FOR SUCCESS

# Seminar

**May 16th, 10 am - 11:00 am** via Zoom

1 HRCI & SHRM Credit

### Learning Objectives:

- Understand which mindful methods you can use to boost self-esteem
- Learn how to change your mindset to experience more success at work and in life
- Understand three secrets to have a powerful rest of the year



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<https://wrkseminar051623.eventbrite.com>

**NO COST TO ATTEND**



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