

Mindfulness for Diplomats

A 6-week program (one-hour sessions on Zoom)



janespathways@gmail.com
janespathways.com

Wednesday Group

Wednesday, February 14 through March 20 - New York 10:00 London 15:00 Nairobi 18:00

Monday Group

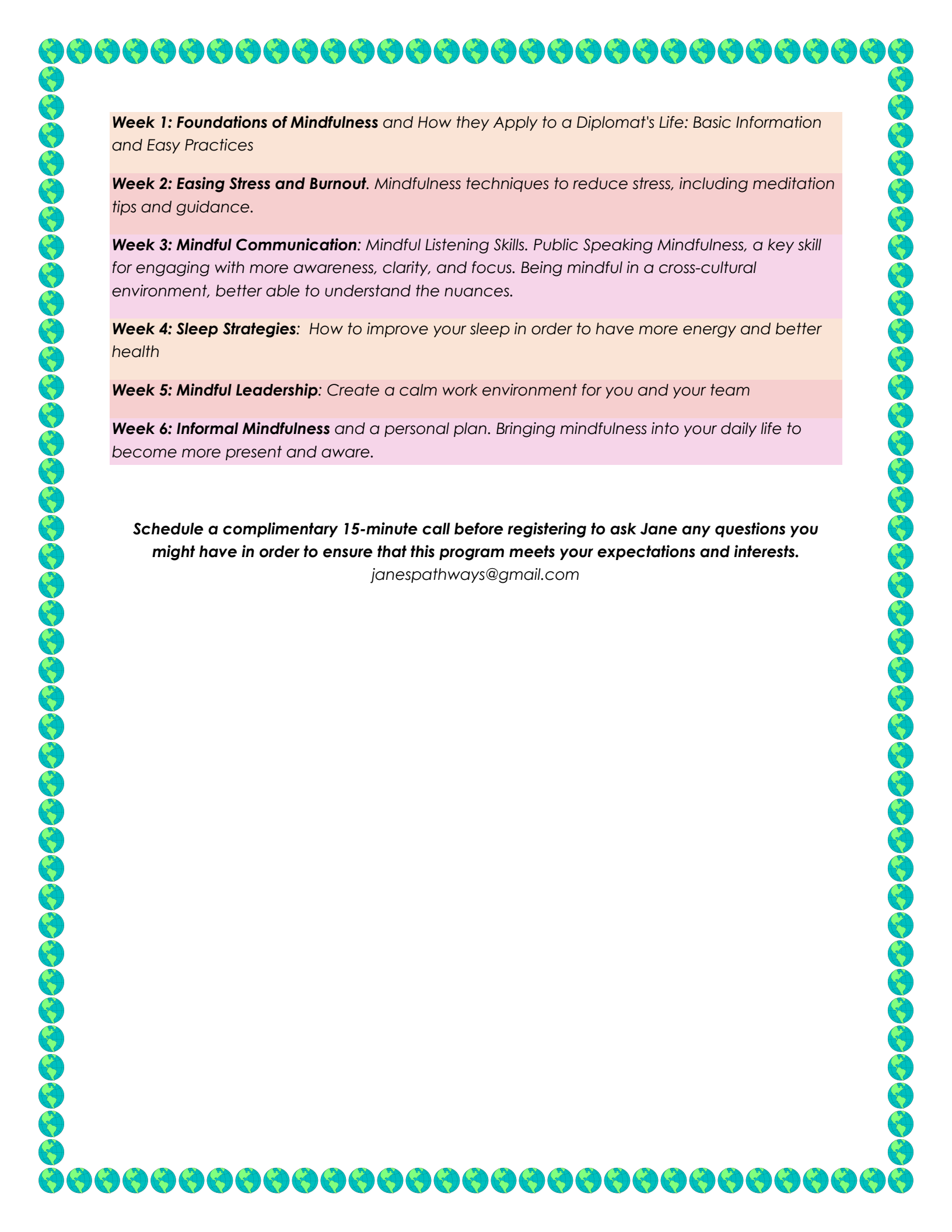
Monday, March 4 through April 8 - New York 13:00 London 18:00 Nairobi 21:00
Custom times available

USD 250 per person (Group size: maximum 4 persons per group)

Jane Mackler is a Certified Mindfulness Practitioner and a former Peace Corps Volunteer who has been working internationally since 1991. She knows and understands the needs of diplomats and has seen firsthand the benefits mindfulness can bring to members of the diplomatic corps.

With a psychology degree from Tufts University and a Master's degree in Teaching English as a Second Language, Jane has worked as a professor in both Mexican and U.S. universities. She is also a Certified Hypnotherapist. Her mindfulness work has enhanced clients' health and well-being and helped them to become calmer, less anxious, and better able to function in tense situations. She has developed mindfulness programs for Peace Corps and the U.S. Department of State, in addition to various government ministries, universities, NGOs, and private corporations.

After conferring with a variety of diplomats, Jane has developed the program "Mindfulness for Diplomats," with the needs of the diplomatic corps as the main focus. Being a diplomat requires many skills, and this 6-week program hones in on what you need to do your job well and take care of yourself at the same time. Bringing mindfulness into one's life creates opportunities to deal with all kinds of situations with greater calm and in-the-moment targeted responses in fast-moving environments.



Week 1: Foundations of Mindfulness and How they Apply to a Diplomat's Life: Basic Information and Easy Practices

Week 2: Easing Stress and Burnout. Mindfulness techniques to reduce stress, including meditation tips and guidance.

Week 3: Mindful Communication: Mindful Listening Skills. Public Speaking Mindfulness, a key skill for engaging with more awareness, clarity, and focus. Being mindful in a cross-cultural environment, better able to understand the nuances.

Week 4: Sleep Strategies: How to improve your sleep in order to have more energy and better health

Week 5: Mindful Leadership: Create a calm work environment for you and your team

Week 6: Informal Mindfulness and a personal plan. Bringing mindfulness into your daily life to become more present and aware.

Schedule a complimentary 15-minute call before registering to ask Jane any questions you might have in order to ensure that this program meets your expectations and interests.

janespathways@gmail.com