

2018 February Workshop

Topics-Mechanicsburg

February 5th: The Power of Literal Listening: Take the Stress Out of Communication

February 12th: Breathing Technique Meditation (TED TV)

February 20th: How Using Your Hands Creatively Can Reduce Stress and Anxiety or Coping with Stress and Anxiety (TED TV)

February 28th: The Art of Conversation: Stop Zoning Out and Waiting to Talk