

This special Wisdom at Work Masterclass offers a rare opportunity for personal and professional development.

By participating you will experience the same clarity, confidence, and inspiration the Leveys have brought to leaders at Google, NASA, British Parliament, the World Bank and thousands of leaders around the world. Dr. Joel and Michelle Levey are arguably among the world's foremost experts in how our complex, challenging lives can be improved through mindfulness and mind-fitness practices in order to bring a deeper wisdom to our work and world.

Wisdom at work

Masterclass

Essential Skills for Transforming Your Life, Work, and Relationships
with Dr. Joel & Michelle Levey

Day One of this Masterclass will offer a learning laboratory to dive deeply into the practice of a suite of profoundly practical and transformative mindfulness, meditation, and mind-fitness skills. These core trainings are vital to bringing a deeper wisdom, creativity, resilience, and compassion to our lives, work, and world.

Day Two will offer an opportunity for a deep, reflective dialogue with Joel and Michelle exploring a wealth of interests and emerging questions brought forward from the group attending this class. Focusing on delivering practical value and teaching experiential methods, while offering insights into the skills and principles necessary to bring a deeper wisdom to our lives, work, and society.

3-4 Oct 2015

Grinda -

an island in the heart of the archipelago

Pricing 2500:-

(Boat fee not included)

Registration: lennart@happyr.com

Boat leaves Strandkajen at 8.30am on Saturday and returns 17.55. Boat trip is not included in the price (about 290 SEK return ticket) Full board and accommodation is included. Youth hostel standard with 4 beds in each cabin. Price 2 500SEK including VAT for private booking, excluding VAT for invoice.

Read more about this workshop: www.wisdomatwork.com/calendar

Joel and Michelle Levey are regarded as pioneers in the global "mindfulness revolution," and work to integrate contemplative science and contemporary mind-fitness training in leading organisations in modern times. They were among the very first people to develop and introduce Mindful Leadership, Mind Fitness, and Compassion based programs.

