Master Your Mind, Power Up Your Performance Workshop

Do busy class schedules and the pressure of getting good grades cause you worry or angst? Do you feel like there’s not enough time in the day to balance work and family obligations?

This workshop aims to enhance your performance at school and give you a sense of calm throughout your day in no time.

This power-packed 90 minute program, will show you:

- Easy breathing techniques to manage day-to-day stress with more ease
- How to use mindfulness so you can manage life’s challenges more effectively
- Stretches to relieve tension from the physical body
- Three surefire ways to incorporate a stress management routine into your life

Stacy Slawitsky is a speaker, Founder of ZenConnect, Clairvoyant and the Grounded Girl’s Guide to Transformation, Manifestion and Abundance.

She personally used meditation and energy healing practices to liberate herself from a high level position at a Big 4 Accounting Firm to fulfilling her passion to help successful, driven women unleash their full power to profit with purpose through energy work.

She has been featured in the Boston Business Journal and writes for national health and wellness publications.

“Stacy’s background and experience in the corporate world shapes her practical approach and makes for a more relatable experience. For someone like me, she speaks the same language that I do and truly understands the pressures of the corporate world, and I found that her program really seemed to ‘hit home.’”

Pam Brazeau, CPA, Hancock Natural Resource Group

“Incorporating the techniques I learned from Stacy made a huge difference in my outlook. They allowed me to accomplish more rather than getting anxious about all the things I need to get done.”

Danielle Porcaro, Associate at DiCicco, Gulman and Company, LLP

Date: Wednesday, September 25
Time: 3:00pm-4:30pm
Place: Campus Center 3545