

Mindfulness in Business Track

Session 2: 10:30-10:45am

Name, Title, Affiliation:

Annabel Beerel, PhD, MBA, Annabel Beerel Ethical Leadership Consulting

Title of session:

Mindfulness: The Path to Inner Freedom (New-old stories)

Brief description of session:

Mindfulness is a love story. It is about falling in love with yourself. This love takes you to the depths and heights of your possibilities. Mindfulness is also the path to inner freedom which is the only true path to happiness. This presentation investigates this journey.