

## **Mindfulness in Business Track**

### **Session 4: 2:45-4:00pm**

#### **Name, Title, Affiliation:**

- Amanda Grappone Osmer, Owner, Grappone Auto Group
- Dan Huston, Professor of English and Communication, NHTI
- Nick Perry, Master Certified Hyundai Technician, Grappone Auto Group
- Cathy Smith, Honda Sales Team Leader, Grappone Auto Group
- Andree Seeley, Corporate Financial Analyst, Grappone Auto Group

#### **Title of session:**

“Communicating Mindfully in the Workplace: Improving Performance and Increasing Happiness”

#### **Brief description of session:**

Participants who took part in Communicating Mindfully training at the Grappone Automotive Group will share their experiences. Topics discussed will include how focused attention, reduced reactivity, and increased compassion help employees communicate more effectively with themselves and others in ways that improve teamwork and customer service while also increasing employees' happiness and positively impacting corporate culture.