INVITATION

UCT Law @ work
Professional Development Project

FREE daily MINDFULNESS sessions for all UCT staff & students

DATES: Mon 29 October to 14 November (exam time)
VENUES: The Moot Court (except on 7 November, 12 November & 14 November, when it will take place in the Faculty Common Room)
TIME: @10am (20 minute sessions) - feel free to stay longer for Q & A’s

Do you know how to deal with a distracted and wandering mind?
Do you know how to rest your mind, especially when you are going through a difficult time?

Mindfulness is a faculty we already have. Mindfulness training helps us to grow this capacity and to live with more presence and self-acceptance.

If you would like to learn how to calm your anxiety, become more attentive and focused at work or in your studies, please join us.

OFFERED BY LAW@WORK & JENNY CANAU