



Mindfulness with SAP – Resilience

Thursday 9th July 2020

SAP invite you to join our mindfulness series to give yourself a break from the fast paced nature of day-to-day life and heighten your self-awareness.

Taking a mindful moment incites huge benefits – from greater satisfaction, focus, and peace-of-mind to stronger relationships and higher performance at work and beyond. Join our Mindfulness Ambassadors in practice to deepen your self-awareness, practice attention training real-time, and discover ways to integrate self-awareness into your daily routine.

Recording Link:

<https://sapusers.webex.com/sapusers/lr.php?RCID=b5902bcd538245cab9da55bc8987f3ad>

Please note, you must be logged into the User Group website to download this recording.