

Mindfulness with SAP – Gratitude

Tuesday 8th December 2020

It is important to take a moment to stop and reflect on the things we are grateful for and to appreciate others.

In this session we use the 'breath as an anchor' to appreciate others, ourselves and to greet the challenges we face in our everyday lives with gratitude.

SAP invite you to join their 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 SAP's 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://us02web.zoom.us/rec/share/Dq0bMnoScv47GdGKivBUFAJqOaqLp1OwWpT13PQi6ch2OGo3NdpPoV76HyxnQQ7D.vBDR6FnMFjwXjIC_

Access Passcode: W#2fiHG1

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