



MINDFULNESS BUSY SEASON PROGRAM

There is no denying that **busy season can be stressful**. A consistent mindfulness practice has been proven to offer numerous health benefits all the time, but especially in the busiest of times. 20-20 Services has once again partnered with **Sunish Mehta, CPA** of the Mindful-CPA to offer a 12-week mindfulness program that will run from January through April. Join this certification program and walk the path of a Mindful-CPA.

- ☀️ Two live 30-minute introductory keynote addresses
- ☀️ 12 20-minute recorded weekly sessions that participants can watch at their convenience
- ☀️ Recorded closing session at the end of the program
- ☀️ Mindfulness CPA certification awarded at the program’s conclusion
- ☀️ Additional resources via the [Mindful-CPA website](#) and [LinkedIn group](#)

INTRODUCTORY KEYNOTE SESSION AGENDA

- Introduction to the Mindful-CPA definition of mindfulness
- Discussion of our current state of CPA (Constant Pressured Anxious) and how we can change that to a new meaning (Conscious Present Aware)
- Introduction to *The Compass of Mindfulness — A Key Tool for Focus*
- Introduction to the CPA Mindfulness Practice (Construct Practice Awaken)
- Eight-minute, live guided practice
- Mindfulness and the science of neurology
- Discussion of the program agenda and instructions

WEEKLY SESSIONS

- Each recorded session lasts 20 minutes
- Each weekly session will include an eight minute practice that participants will build on week by week with new instruction and themes
- Short discussion on a mental strategy or a work strategy each week
- Recordings released every Monday
- Weekly reminders sent with a mindful flash card that summarizes that week’s session

PRICING

Our flat fee offer means every employee can participate.

300 or less employees
\$4,200

301 or more employees
\$6,300





2024 AGENDA WEEKLY SESSIONS

INTRO
JAN 9 | 5 PM ET
JAN 12 | 12 PM ET
45-Minute Live Keynote Address
on 20-20 Services Zoom Sessions

WEEK 1
JAN 22
SETTLING IN
MENTAL STRATEGY:
Tackling Challenges

WEEK 2
JAN 29
FOCUS
WORK STRATEGY:
Creating Mental Space

WEEK 3
FEB 5
CLARITY
MENTAL STRATEGY:
Becoming Subtle

WEEK 4
FEB 12
CURIOSITY
WORK STRATEGY:
A Beginner's Mind

WEEK 5
FEB 19
FOCUSED
AWARENESS
MENTAL STRATEGY:
Kindness

WEEK 6
FEB 26
FULL AWARENESS
WORK STRATEGY:
Innovation

WEEK 7
MAR 4
BECOMING A
COMPASS
MENTAL STRATEGY:
Resilience

WEEK 8
MAR 11
IMPERMANENCE
WORK STRATEGY:
Letting Go

WEEK 9
MAR 18
EQUANIMITY
MENTAL STRATEGY:
Compassion

WEEK 10
MAR 25
BEING WITH
AND WITHOUT
WORK STRATEGY:
Macro & Micro

WEEK 11
APR 1
HAPPINESS
MENTAL STRATEGY:
Sharing the Benefit

WEEK 12
APR 8
OPPORTUNITY
WORK STRATEGY:
Being a Mindful-CPA

WRAP UP
APR 15
CLOSING ADDRESS



To learn more about 20-20 Services training programs, please contact:
Beckie Reilly • (855) 988.2020 • or visit www.20-20services.com