

Employee Advisory Service

Support - Empowerment - Growth



2026 MENTAL WELLNESS SYMPOSIUM

THE POWER OF PAUSE: HARNESSING MINDFULNESS FOR WORKPLACE SUCCESS

DATE: THURSDAY, 5/28/2026

TIME: 12PM TO 2PM

During these demanding times, this important session provides practical strategies for harnessing the power of pause to improve your workplace success. This workshop will enhance your ability to respond thoughtfully to difficult circumstances, manage emotions more effectively, and strengthen both your workplace relationships and your personal and professional support system.

AGENDA

- ~ **Power of Pause**
Greg Brannan
- ~ **How to use Yoga in the Workplace**
Takeema McCaskill
- ~ **Interactive Presentation**
Lynette Sheard and NJ Mental Health Players
- ~ **Reflection and Guided Meditation**
Djenaba Figueroa

**A VIRTUAL
EVENT**

**REGISTER
TODAY!**

[Click to Register](#)



BREAK
TIME!



Contact EAS Today for Confidential 24-hour Support

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