



# Inkblot

by GreenShield Health\*



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## Mindfulness

In our distracted age of beeps and buzzes, it can be difficult to keep our attention trained on one task amidst all the noise and distraction. Focus is a sought-after quality at home and work, and it can often feel elusive. Because of this, mindfulness has exploded in popularity and awareness as more people learn of its benefits. With time-honored techniques, participants will begin to explore what mindfulness is, how it can aid them at home and work, and how they can improve their ability in this valuable area.

### CJ Calvert, Motivational Speaker, Author, Life Coach



CJ Calvert is a professional speaker and author of *Bouncing Back Through COVID-19*. He speaks on a daily basis before world-class organizations such as IBM, the U.S. Department of Defense, and the Golden State Warriors. Because of his expertise, he has presented on the TEDx stage in Vancouver and been a featured guest on Breakfast Television. He makes his home near Toronto, Ontario with his amazing wife and son.

\* GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration businesses, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid, Honeybee, BCH Consultants and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.