



Mindfulness with SAP - Loving Kindness (Empathy)

Monday 20th 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://us02web.zoom.us/rec/share/opFTKJXuqGpJGoGW5kz5Rr8xL7v8eaa8gCZL_PJYzk1W4ZJoDHc2faKwI33wfYha

Password: sFjhR

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