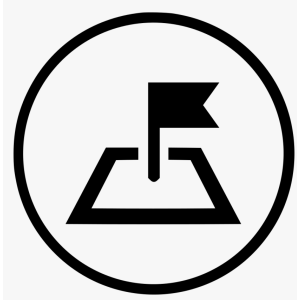# Online Course

آفـــــاق لــلــتطــويــر الـقـيـادي ذ.م.م
AFAQ For Leadership Development L.L.C

Mindfulness

Introduction

In our modern world, we often become obsessed and focused on immediate concerns which can lead to stress and anxiety.

Aim

In this course, we are going to discuss how to develop mindful practice to reduce stress and anxiety.

Topics / Chapters

• What is Mindfulness?
• Benefits of Mindfulness
• Developing Mindfulness

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