

Finding Joy:

A MindSculpt™ Class for
Guahan Academy Charter School
Friday, November 4th - 8:00 AM ChST

Do you wish you could create more intentional moments for yourself? Do you struggle to find the silver lining during challenging situations? Join this collaborative team event for therapist guided knowledge and skill-building to fix that.

In this class, you'll learn:

- The distinctions between joy & happiness
- The mental & medical benefits of a joyful life
- A roadmap of steps to produce more daily joy
- Exercises to help with reflection & drawing joy out of even the most difficult days

Start to be more intentional and joyful each day. Join this event exclusively for your team members.

No Registration Required
RSVP to the Team Calendar Invite

