

‘Mindfully Manage the Holiday Season’ – Unplug and Relax with Calmify

Date: Thursday 23rd November 2023

Time: 12.30pm – 1.30pm

Location: Lambert Smith Hampton offices, Interchange Place,
151-165 Edmund St, Birmingham B3 2TA

To Book: Members book via app or [website](#)

Non-members book via [website](#)

Register by: Friday 17th November 2023

This event is sponsored by:



Event organiser: Hannah Deverell
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Registration queries:
booking@womeninproperty.org.uk

Join the Midlands Branch of Women in Property for another wellbeing workshop with CEO of mindfulness company Calmify, Kareen Griffiths.

Following our first successful session in September which introduced ‘Mindfulness for Busy People’ and how to practice mindfulness in our day-to-day routines, this session will focus on how to cope with the upcoming Christmas break.

Join our workshop where you will learn how to find balance during the holiday season. We'll explore mindfulness techniques to reduce stress, and share tips on to prioritise your self-care. Discover how to navigate social and family obligations. Take control of your holiday season and create a stress-free experience for yourself and your loved ones.

Thank you to **Connells** for sponsoring this event and who will be present at the event, and to **Lambert Smith Hampton** for hosting the workshop in their office space.

We will also be holding a collection on the day to raise money for Black Country Mental Health charity.



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