



Mindful Communication

In Times of Stress

Facilitated by Dr. Bonnie Lee, Associate Professor in Addictions Counselling, Faculty of Health Sciences and a Board of Governors Research Chair (Tier II).

Bring your lunch on Tuesday, Feb 11, 2020 and join us from 12 – 1 PM in AH 100

How does one apply a mindful approach to communication, especially when under stress? Learn a typology of communication postures to raise your awareness of how you and others communicate. Improve your well-being and effectiveness by understanding the deep structure of communication.

University of
Lethbridge



Register Online or by email: Wellness@uleth.ca