



CHAOS TO CALM IN 30 DAYS Mindfulness Challenge

Engage your employees in a unique challenge to change your culture from chaos to calm with a simple daily practice that trains your brain and changes your life!

Just 5 minutes a day can help you:

- Reduce your stress and anxiety
- Improve your ability to focus
- Increase your emotional intelligence
- Improve your overall well-being

The Mindfulness Challenge includes:

- Introduction meeting with Leadership
- Promotional and Incentive campaign
- Pre-challenge assessment
- Full-day instructional sessions
- Guided audio instructions for download
- Online or paper tracker
- Wristbands
- Weekly check-ins
- 30-day unlimited email support
- Supplemental articles, book and CD
- Post-challenge assessment
- Post-challenge retreat
- Post-challenge analysis
- Ongoing monthly practices

Diane Sieg RN, CYT, CSP is an emergency room nurse turned speaker, author, mindfulness coach, and yoga teacher. She is the author of *STOP Living Life Like an EMERGENCY; Rescue Strategies for the Overworked and Overwhelmed, 30 Days to Grace; A Daily Practice to Achieve Your Ultimate Goals*, and creator of *Chaos to CALM in 30 Days*.

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