



Aimee Bernstein | Coach and Author  
Change Accelerator in Leadership,  
Organizational and Personal Development  
<https://openmindadventures.com>

**MINDFUL COMMUNICATION -6 CEUS**  
**June 5th, 2018**  
**9:00 am - 4:00 pm**

Participants will receive 6 CEUs from the Florida Board of  
Clinical Social Work, Marriage and Family Therapy and  
Mental Health Counseling

The mindful communication training will help you listen beyond  
reactivity and discover more effective ways of making requests,  
giving feedback, and holding difficult conversations.

**Member rate: \$99**  
**Non-member rate: \$149**

# Registration

## About the Presenter

Aimee is a change accelerator and executive coach with over thirty-five years experience in the areas of leadership mastery, collaborative teams and cultures, and mindfulness in action programs. Her passion and purpose is to help people, teams and organizations unleash they potential.

In 2015, her book *Stress Less Achieve More; Simple Ways to Turn Pressure into a Positive Force in Your Life* was published by AMACOM. Rather than the usual formula for stress reduction, Aimee suggests that pressure is a powerful gift that can enhance performance, creativity and well-being.



She is listed in *Who's Who in American Women* and has been interviewed on CBS12 television, San Francisco's KCBS Radio, and has been featured in U.S. News and World Report, The San Francisco Chronicle, The Toronto Globe and Mail, Investors Digest, The Sun Sentinel, and The Miami Herald.

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## Ticket Prices

**MEMBER RATE**

\$99

**NONMEMBER RATE**

\$149

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