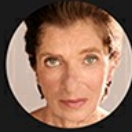


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THE KATHRYN ZOX SHOW

YOUR SOCIAL WORKER WITH A MICROPHONE™

The Kathryn Zox Show
Wednesday at 7 AM Pacific
November 25th 2020: Ep. 1308: Thanksgiving Mindfulness and Ep.1309: Working From Home

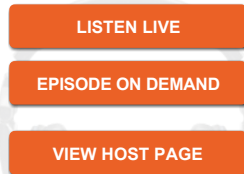
Kathryn interviews Author & Mindfulness Expert Julie Potiker JD. She shares thoughtful and meaningful ways to connect with family, even in these unusual times. "Traditional holiday dinners may not be possible right now," she says, "but it just might be the perfect year to deepen your relationships with loved ones in a new way." Through her Mindful Methods for Life program offerings, Potiker helps others bring more peace and wellness into their lives. Kathryn also interviews Workplace Productivity Expert Wendy Ellin, author of "Working From Home...How's That Working For You? : Clean Up Your Mes

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Featured Guests



Julie Potiker JD

Julie Potiker is a mindfulness expert with extensive teacher training in a variety of tools and methods, including Mindful Self-Compassion. Through her Mindful Methods for Life program offerings and her book — "Life Falls Apart, but You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos" — Julie helps others bring more peace and wellness into their lives. For more information, visit www.MindfulMethodsForLife.com.

[Read more](#)



Wendy Ellin

With over 20 years of experience in the corporate sector and as a thriving entrepreneur, Wendy Ellin has established herself as the maestro of workplace productivity. Her ethos of "work smart, not hard in business and in life" has garnered much acclaim from her peers and fans. Her in-demand speaking engagements and webinar coaching series are just some of the many facets of her audience engagement approach. Having previously penned "Enough Is Enough, Get Control of Your Stuff", a how-to of organizational life skills, Wendy set her sights on the work-from-home trend that has become the new normal. Her #1 Bestseller, "Working From Home...How's That Working You?" focuses on this very real ecosy

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