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Innovative Mindful Solutions with Terry Galler Archives Available

The way we do business has changed. It is fast-paced and technologically driven. The work day never ends, and the stress continues to mount. The pace stifles creativity and responsiveness. These demands are exhausting business leaders and burning out good employees. It is not enough to work from the top down, we now must work from the inside out.

Innovative Mindful Solutions will discuss these stressors in an authentic way. We will empower today's business leaders through mindfulness-based approaches that are proven to reduce stress, enhance creativity and responsiveness, improve com

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