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Leadership Development News

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Mon 9 AM PT

January 06th 2014: Mindful Living in 2014

Kick start an exciting new year with Michael Tompkins, visionary CEO of Miraval- recognized as one of the nation's finest health resorts and creator of the new "Mindful Living" experience. A fifteen year veteran of the luxury hospitality industry, Tompkins has been instrumental in the creation of the Andrew Weil, M.D. Integrated Wellness Center. Today Michael Tompkins joins us to discuss how to create a mindful new year featuring hot topics from Miraval's latest book- "Mindful Living". Join us for this special yearlong series to learn how you can achieve a truly mindful life and how you

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