

Attend a free public forum and brown bag lunch:

*Sponsored by the Center for Alternative Dispute Resolution*

## **MINDFUL LISTENING and SPEECH**

Mindfulness is the awareness that comes from paying close attention to the present moment without judgment. Thoughts, emotions, and sensations are experienced and recognized as passing occurrences rather than as elements of the self. The practice of Mindfulness allows one to stand back and observe thoughts and feelings as they occur and change. Thao N. Le, PhD, will provide an introduction to Mindfulness and discuss its importance for managing stress and cultivating healthy and productive communications.

**Thursday, May 7, 2015, Noon to 1:00 p.m.**

**Aliiolani Hale, 417 South King Street, Multi-Purpose Room 101**

**To reserve a seat, request disability-related accommodations, or obtain directions,  
please call the Center for Alternative Dispute Resolution at 539-4237.**

*The Hawaii State Judiciary does not warrant the accuracy or completeness of the information provided by the speaker. Nor do the speaker's remarks necessarily reflect the opinions of the Judiciary.*



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