

## Mindfulness Practices to Transform Stress, Prevent Harm and Promote Ethics and Compliance

June 24, 2019 | 12:00 PM CT (90 min.) | earn 1.2 CCB CEUs\*

12:00 PM Central / 1:00 PM Eastern / 11:00 AM Mountain / 10:00 AM Pacific / 9:00 AM Alaska / 7:00 AM Hawaii-Aleutian

QUESTIONS: [liz.ray@corporatecompliance.org](mailto:liz.ray@corporatecompliance.org)



**MARLA BERKOW, CHC**  
Corporate Compliance Officer  
and Privacy Officer  
Gateway Foundation

- High stress in the work environment can lead to mistakes, bad decisions and harm.
- Learn practical tips to effectively manage stress levels and build positive resources.
- Create a supportive culture of self-care to promote compliance program goals.

## Mindfulness Practices to Transform Stress, Prevent Harm and Promote Ethics and Compliance

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