5 week program

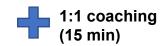
Course schedule



Get set up (9 min)

1 min: download app3 min: watch intro video

5 min: schedule two coaching calls



Week 1

Aug 5 – 11

Increase productivity (9 min)

3 min: we are distracted

4.5 min: focused attention training

• 1.5 min: how to practice

Week 2

Aug 12 – 18

Manage emotions (9 min)

3 min: emotions are important

4.5 min: mindful email

• 1.5 min: how to practice

Week 3

Aug 19 – 25

Improve outlook (8.5 min)

• 2.5 min: the negativity bias

4.5 min: noticing goodness

1.5 min: how to practice

Week 4

Aug 26 – Sep 1

Cultivate empathy (8.5 min)

3 min: why empathy matters

4 min: just like me

• 1.5 min: how to practice

Week 5

Sep 2 – 8

Closing (4 min)

2 min: one breath2 min: what now?

