THE BAKKEN CENTER FOR SPIRITUALITY & HEALING is now offering a Wellbeing Workshop series for your organization. During these workshops, participants will explore tools and resources that enable them to develop a personal plan for health and wellbeing. Workshops are led by expert University of Minnesota faculty, and are available on-site at your organization in the Twin Cities metro area. In addition to the topics below, we welcome the opportunity to co-create seminars with you customized for your group’s needs or interests.

**Creating a Personal Plan for Wellbeing**

Many of us spend more time planning our vacation than planning our lives. In this seminar you will take a close look at your life as you explore 6 dimensions of wellbeing: health, purpose, relationships, community, security and the environment. You will have an opportunity to explore your strengths and challenges as you compose a personal plan for health and wellbeing.

**Food Matters: Eating as if your Life Depends on it**

Food literacy is critically important for the population as a whole. There’s growing evidence that what we eat has significant short- and long-term impacts on our health and wellbeing. In this series of four seminars, you will learn about the importance of healthy cooking and local food, and better understand how your food choices play a critical role in your overall wellbeing.

**Nature Heals**

Research reveals that environments can increase or reduce our stress, which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working. Regardless of age or culture, humans find nature pleasing. In this session you will learn how nature heals, soothes, restores and connects, and how to bring nature into any environment.

**Mindfulness at Work**

A growing body of research evidence has begun to point to the numerous benefits of mindfulness practice. Studies indicate that mindfulness enhances emotional and physical resilience, improves cognitive functioning, and connects us more positively to other people. This session explores key mindfulness traits and how they relate to essential workplace skills, such as presence, emotional regulation, resilience, cognitive flexibility, and communication, all of which are critical skills for thriving at work.

**Living and Working On Purpose**

Purpose is a powerful driver in our lives that is different from a job or career. While we may live out our sense of purpose in our work, for many of us, it’s something bigger. Purpose is our aim, it gives us direction, it is literally the reason we get up in the morning. Explore your gifts, talents, values and passions as you craft your own purpose declaration.

**Cultivating Gratitude**

Experiencing gratitude not only makes you feel good—it can have dramatic and lasting effects on your wellbeing. Research indicates that gratitude can lower blood pressure, improve immune function, reduce cardiac inflammation, increase happiness, improve relationships, and decrease depression. Explore ways to cultivate gratitude and become open to the many gifts in daily life.

For more information, contact the Center’s Director of Business Development and Community Relations, Sue Nankivell: SUE@UMN.EDU / 612-626-2395