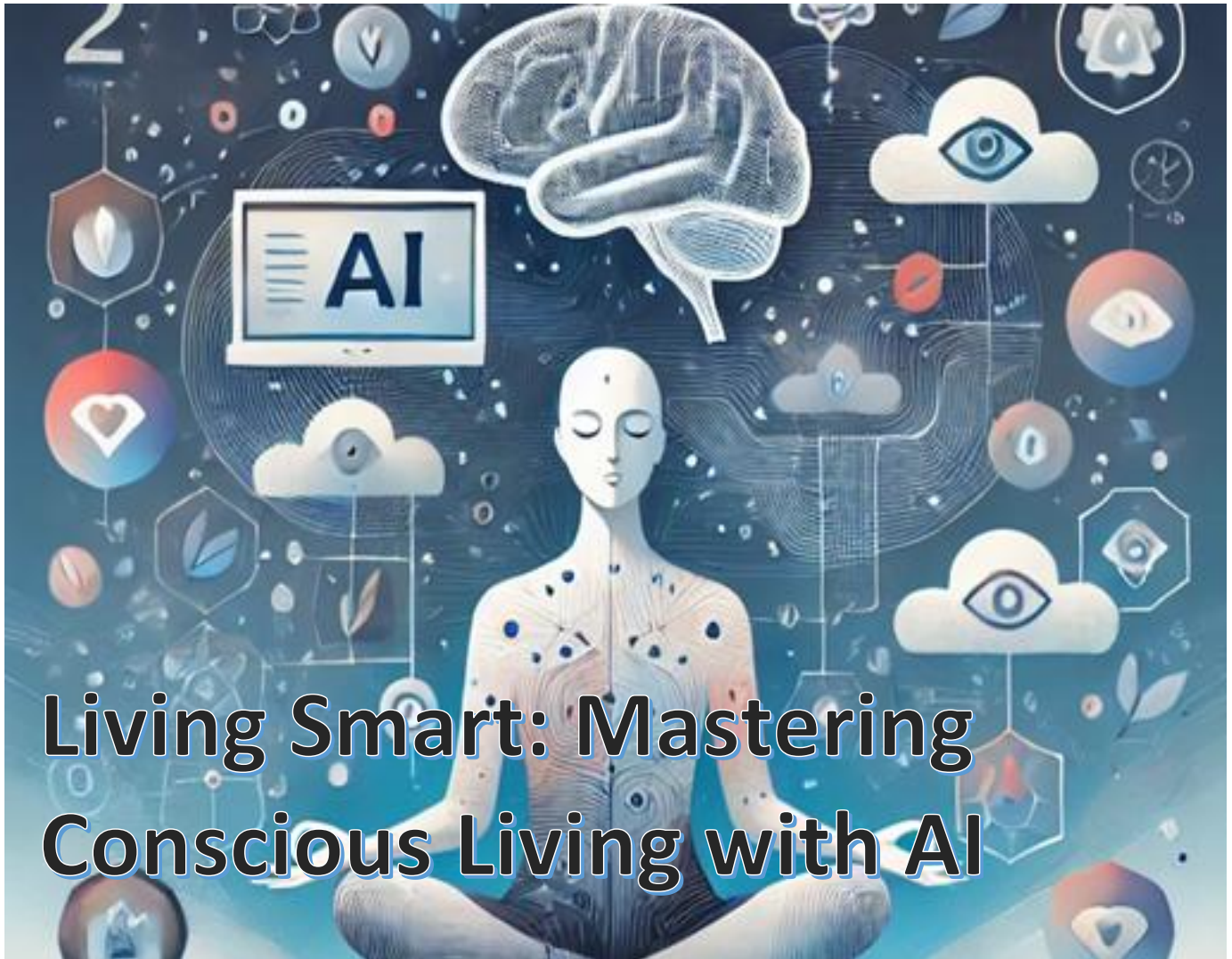




Living Smart: Mastering Conscious Living with AI

About the Workshop

***"Awaken.
Empower.
Thrive."***



Discover a New Way of Living:

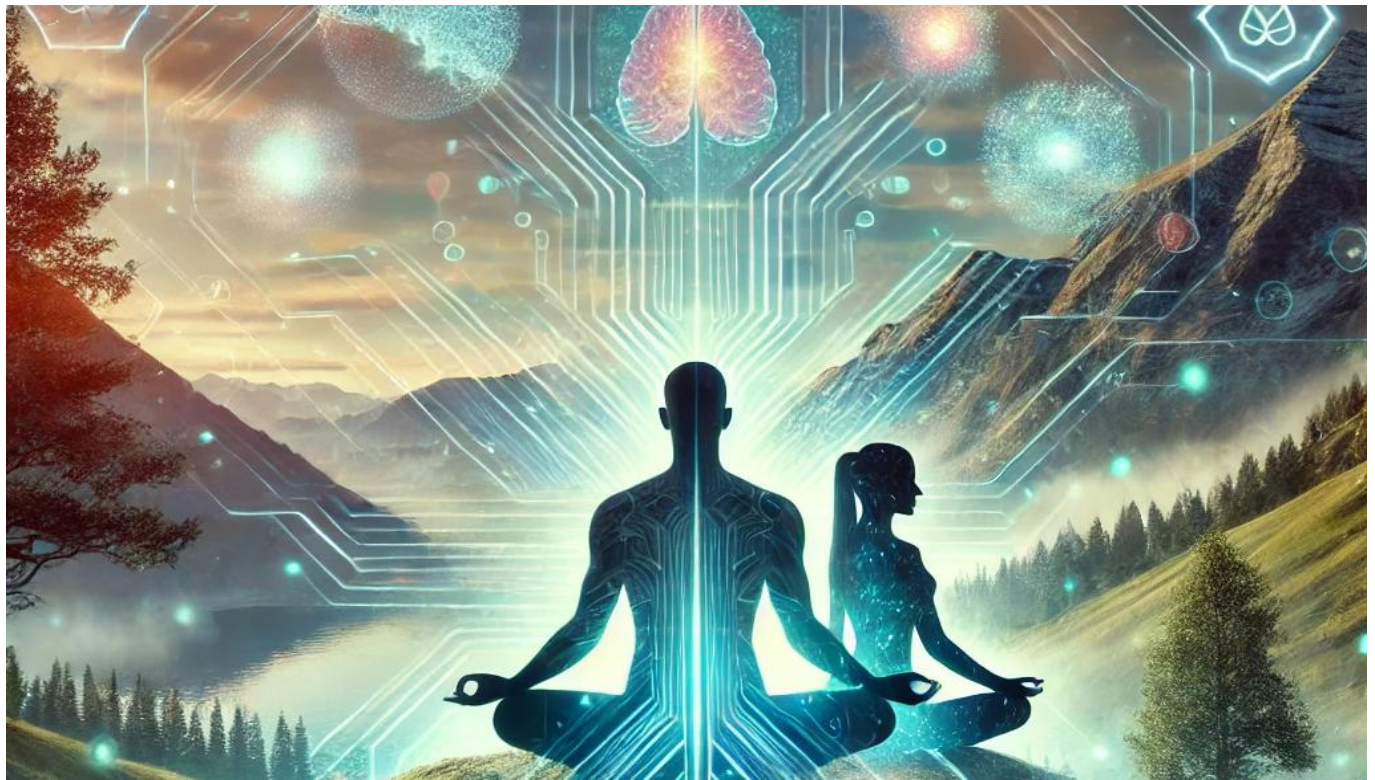
Join us for a unique 2-day workshop that blends conscious living practices with cutting-edge AI tools. Perfect for individuals seeking balance, productivity, and personal growth in today's fast-paced digital world.

A transformative 2-day workshop for professionals to live mindfully and leverage AI for a smarter, more productive life.

Why Attend?



- **Gain Practical Skills:** Walk away with tools to make your personal and professional life more intentional.
- **Boost Productivity:** Discover how AI can save time and enhance creativity.
- **Reduce Stress:** Learn techniques to stay calm and focused in any situation.



What You'll Learn

Day 1: Foundations of Conscious Living

- Identify distractions and build mindfulness.
- Develop habits that align with your goals and values.
- Practice gratitude, meditation, and stress-relief techniques.

Day 2: Harnessing AI for a Smarter Life

- Learn how AI can simplify your daily tasks.
- Hands-on training with free tools like ChatGPT, Notion AI, and Grammarly.
- Build workflows that integrate mindfulness and productivity.



Workshop Details:

Duration: 2 Days

Dates: 28 – 29 March 2025

Fee: R11 900,00

Registration Includes:

- Access to all sessions
- Full conferencing package with meals
- Accommodation x 1 night [incl. breakfast]
- Digital workshop handbook and cheat sheets
- Certification of attendance



SCAN ME