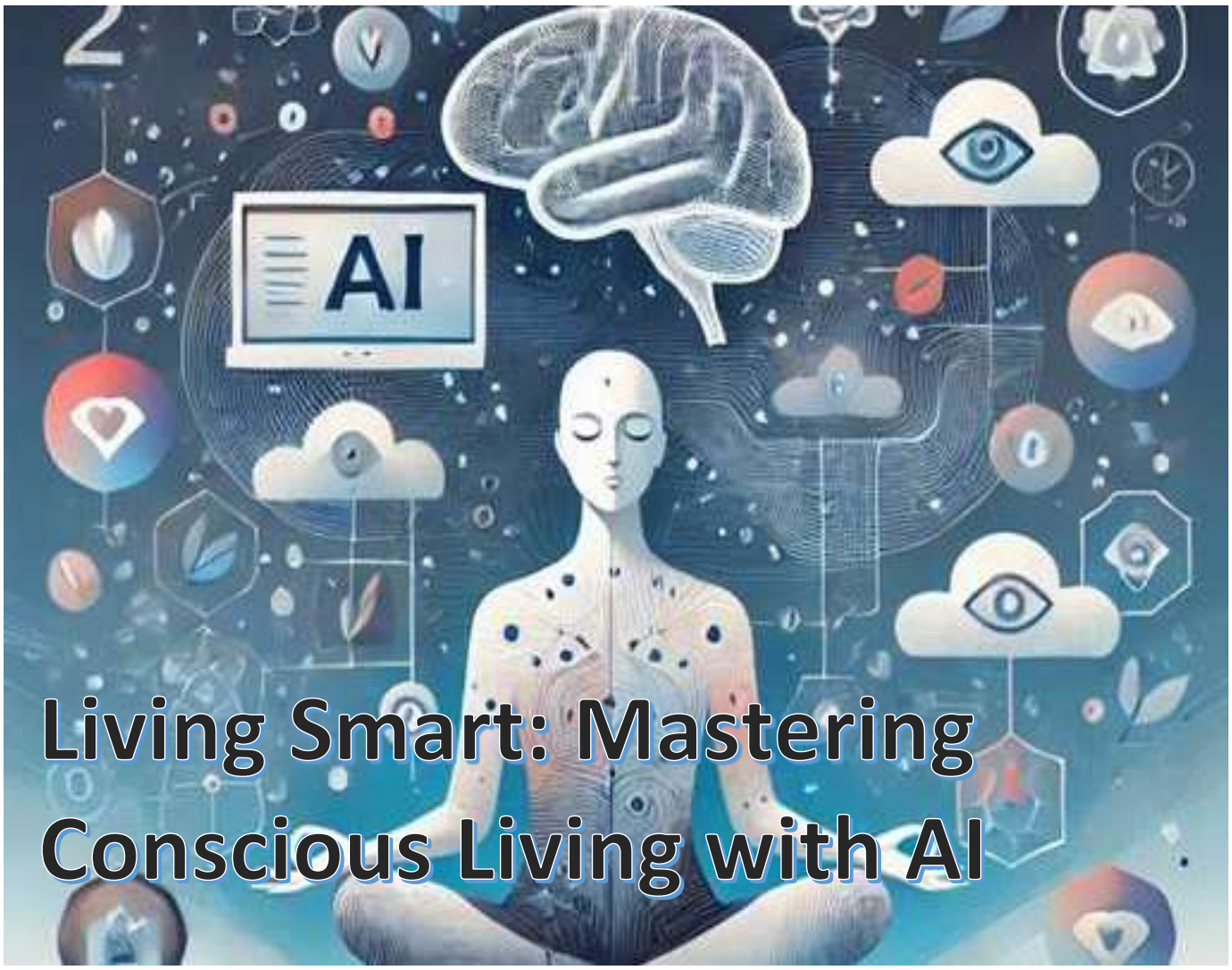


Living Smart: Mastering Conscious Living with AI

"Awaken. Empower. Thrive."

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

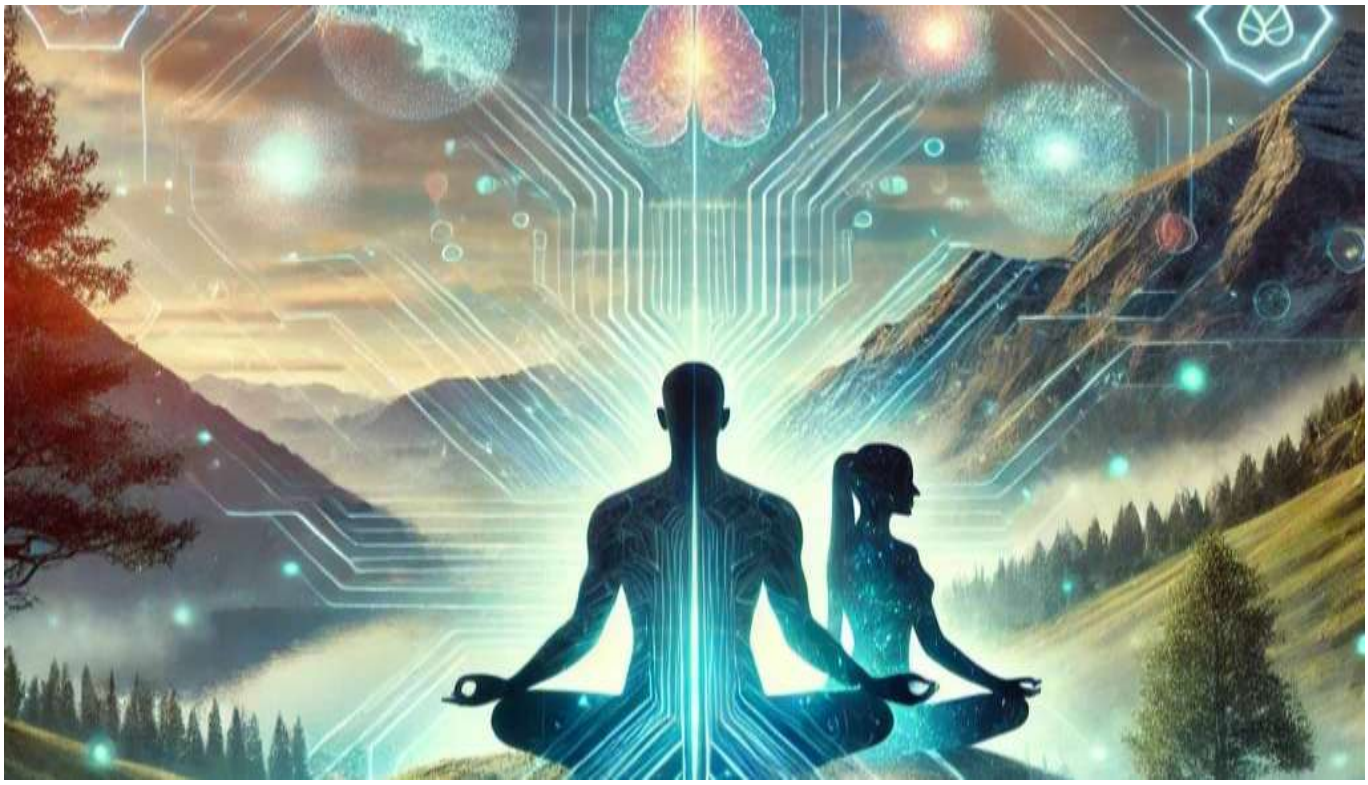
About the Workshop

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.

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 AI tools.
- Build workflows that integrate mindfulness and productivity.

Workshop Details:

Duration: 2 Days

Dates: 29-30 January 2026

: 12-13 February 2026

Email traininginfo@fsa-consulting.com for the full 2026 schedule.

Fee: New Year Promotion until end February 2026: R5500

Registration Includes:

- *Access to all sessions*
- *Digital workshop handbook*
- *Certificate of attendance*