



THE SACRED PAUSE

A Wellness Webinar for Staff

Monday, September 28, 2020 | 12:00 pm to 1:00 pm

Meeting Link: <https://us02web.zoom.us/j/86059523495?pwd=RFISckw4b3J3WVQ1REQ5V2paN0ZEQT09>

Meeting ID: 860 5952 3495

Passcode: 417303

Find your local number: <https://us02web.zoom.us/u/kdn1hlLwAS>

Lead by Jenée Johnson, The Sacred Pause is an interactive opportunity to pause and discover practices to attain and sustain inner calm, resilience and strength. Join us for this unique effort to bring mindfulness into public health practices and programs through the Trauma Informed Systems of Care Initiative in San Francisco. The goal is to improve the organization's ability to manage change, stay resilient, inspire growth and become a mindful culture that leads and serves with compassion.



Jenée Johnson is a certified professional, co-active coach and certified by the globally recognized *Search Inside Yourself Leadership Institute* to teach mindfulness and emotional intelligence based on the latest neuroscience. She is a trauma trainer, Emotional Emancipation Circles Facilitator (Association of Black Psychologists) and is certified to teach *Femme* (a meditative movement and wellness modality for women). She is a keynote speaker, coach, and consultant with Sankofa Holistic Counseling Services in Oakland.

"For me, the key is to know what is mine to manage and what is not. For Black people-for Black women particularly-it's time to stop carrying the burden that is not ours to carry and to move more fully into our joy."- Jenée Johnson, Mindful Magazine.



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