

The Jester Group invites you and a guest to join us for the first event in our Impact Series 2019.

To learn more about this series, please visit our [Impact Journal](#) found on our website, [JesterGroupBaird.com](#)

Well-Being is a Skill

With Mary Linda McBride

Briar Chapel Clubhouse

April 23, 2019

10:00 am-12:00pm

We now pivot from the first [Impact Journal post \(click here\)](#) to introduce this first event.

As we are discovering, making a real impact, be it through your investments or in our daily interactions, takes a solid foundation. We must invest time, energy and other resources in ourselves if we ever hope to improve the life of another. Beyond that, we need presence of mind to make decisions and better understand how those decisions affect the greater community.

It is in this vein that we introduce you to Mary Linda McBride (bio below).

[Mary Linda is making an impact in our community \(click here\)](#) by bringing mindfulness into organizations and institutions. In fact, our team recently participated in a very beneficial session geared towards mindfulness at work with her. Afterwards, we couldn't resist introducing her to our clients and friends. What better place is there to begin any undertaking?

We will be offering a two-hour session with Mary Linda at the Briar Chapel Clubhouse on April 23, 2019. The session will be based on Well-being as a skill. Specifically, Mary Linda has crafted a presentation based on these main takeaways:

- Well-being is a skill
- You can develop this skill through specific practices
- There are four main components to fostering wellbeing - Attention, Outlook, Resilience, and Generosity

As grounding for this course, she cites [Dr. Richard Davidson's article \(click here\)](#). We hope you find reading it beneficial and look forward to you joining us in April.

We encourage you to attend and bring friends of your own who may be interested in learning more about well-being.

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April 23, 2019

10:00 am-12:00pm

Briar Chapel Clubhouse
1600 Briar Chapel Parkway
Chapel Hill, NC 27516

****Space is limited, please RSVP by April 11, 2019***

To RSVP call 919-918-2900 or email Tracie Legg TLegg@rwbaird.com

Mary Linda McBride specializes in bringing mindfulness into workplace settings. She trained with the Search Inside Yourself Leadership Institute, an off-shoot of Google where there is a six-month waiting list for in-house mindfulness programs. She is also a qualified Mindfulness Based Stress Reduction (MBSR) teacher. MBSR was developed by Jon Kabat-Zinn in 1979 at the University of Massachusetts School of Medicine and is now offered in over 200 medical centers, hospitals, and universities around the world. Prior to founding Mindful Resolution, Mary Linda enjoyed a 20-year career in nonprofit management and taught nonprofit fund development at North Carolina State University. Learn more about her organization by visiting her [website \(click here\)](#).