

Reimagining Risk Inc. presents

Good Work: Meditation for personal & organisational transformation

July 3, 2024 12:15–1:45pm

Cookhouse Labs

30–34 Duncan Street, Toronto, Suite 302, Buzzer 1004

Bring your own lunch ■ Light refreshments will be served



Laurence Freeman

In his 2019 book, *Good Work: Meditation for Personal & Organisational Transformation* Laurence Freeman defines good work as “work that brings out the best in the people who do it and brings enduring benefit to those who are influenced by it”. During this 1.5 hr event, Laurence will discuss how a simple practice rooted in many world traditions can help us change our mindset and respond with conviction, from the ground up, to three crucial needs of our modern society:

- The need for individuals to reconcile themselves with their true self and purpose
- The need for organisations to engage their diverse workforce to collaborate towards common sustainable goals
- The need for governments to act in unison to solve global environmental and social challenges.

After Laurence’s talk on the Why and How of meditation, we will have a practical group meditation session with a follow-up discussion period.

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For more information, contact

Jason Alleyne at jason.alleyne@reimaginerisk.ai