

Live Webinar (in English only)

Unplug and Unwind with Mindfulness

Date: Weekly on Tuesdays | February 21 - March 14, 2023 | 7 PM ET

Join our 4-week workshop to learn mindfulness techniques for better mental clarity, presence of mind, and calmness through the power of breath, meditation and more.

How it works



Step 1: Attend 45-minute live training sessions

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Step 2: Build mindfulness with Starling Mental Fitness

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Step 3: Share your story with peers

You will learn how to:

- Expand your window of tolerance to stay calm under stress
- Understand the impacts of your thoughts and change your internal dialogue
- Become more compassionate and kind towards yourself and others
- Live a more easeful and peaceful life with mindfulness

How do I sign up?

Register Now

You can find your Starling Minds access code [on otip.com](https://on.otip.com).

Starling Minds is my Meditation and Mindfulness. I try to start each day with an exercise or a training session. The website is a "charging station" for my battery. Thank you! It's love at first sight!

Starling Member



31%

Improvement in anxiety scores

47%

Improvement in depression scores

92%

Starling Approval ratings

98%

Starling has helped their mental health