



eMindful's Stress Resiliency Program

Go ahead – take time to find your healthy balance.

Through the eMindful Stress Resiliency program, you'll join a live, online classroom where a professional instructor helps guide you through life's daily challenges. See, hear and chat in real time with others who have similar goals and demands.

What's in it for you?

You'll learn to tap into your own natural resources to:

- Worry less and enjoy more
- Develop better relationships
- Enhance your creativity and focus
- Sleep better
- Reduce your stress
- Deal more easily with difficult emotions

Flexible and convenient

Classes are taught in an online classroom. You can join from your mobile device or from any location with Internet access. Multiple dates and times are available.

Miss a class? No worries. They're all recorded so you can listen and learn at any time.

It's easy to register!

Start today!

To sign up for Stress Less, Live More, log in to <https://aecom.emindful.com>. Once you've registered, you can choose a convenient class time.

If you have questions, please email support@emindful.com or call 1.855.211.1536

Real participants. Real results.

"I looked forward to this hour every week and I really feel like it changed my life in so many ways – both at home and at work. I find myself dealing with situations much differently now and I am very grateful. Thank you so much!"

"This program is excellent and I think most employees in our company can benefit. I'm much more able to notice stress coming on and prevent it from becoming too much."

