# AN SCCE WEB CONFERENCE

# Mindfulness Practices to Transform Stress, Prevent Harm and Promote Ethics and Compliance

June 24, 2019 • 12:00 pm CT (90 minutes) • earn 1.2 CCB CEUs\* 12:00 PM Central / 1:00 PM Eastern / 11:00 AM Mountain / 10:00 AM Pacific / 9:00 AM Alaska / 7:00 AM Hawaii-Aleutian

## QUESTIONS? liz.ray@corporatecompliance.org



MARLA BERKOW, CHC Corporate Compliance Officer and Privacy Officer Gateway Foundation

- High stress in the work environment can lead to mistakes, bad decisions and harm.
- Learn practical tips to effectively manage stress levels and build positive resources.
- Create a supportive culture of self-care to promote compliance program goals.



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## Compliance

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Society of Corporate

Compliance and Ethics

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