



# MINDFUL WAYS TO WORK FROM HOME

## A Blueprint for Your Space and Soul for Focus Amidst COVID-19

Do you work from home? Are you happy, healthy, and productive there? The New Normal of our work environment involves flexible workplaces including work-from-home. Companies like it for its agility and people love it for their work-life balance. Yet we still feel lost in navigating this new conjuncture of our personal and professional lives.

In this webinar, two leaders in the fields of space and mind within the work environment present mindful ways to work from home. **Yoko Kawai**, PhD, Lecturer at Yale School of Architecture and co-founder of Mirai Work Space, discusses the relationship between space and mind, and how you can design & adjust your home environment for a healthy and productive work-life. **Julia Colangelo**, DSW, LCSW, Adjunct Professor at Columbia University and founder of Sea Change Wellness, LLC, introduces the principles and techniques of Mindfulness and Flow to remain productive and cope with unique psychological challenges you face while working from home.

### Speakers



**Yoko Kawai, PhD**  
Yale School of Architecture;  
Mirai Workspace Alliance



**Dr. Julia Colangelo, DSW, LCSW**  
Columbia University;  
Sea Change Wellness, LLC

### Webinar Details

- Wednesday, June 24, 2020
- 10:00-11:00AM (PDT)
- FREE Registration for JASSC Members
- \$25 suggested donation for non-members

REGISTER: <https://jas-socal.org/event-3871627>

