

do nothing

the most rewarding challenge you will ever take



March 15, 2022

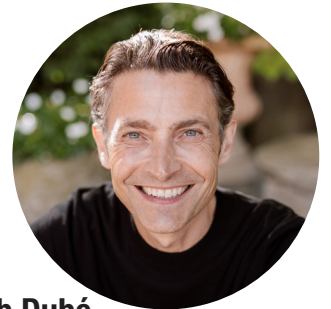
11:30 am – 12:30 pm

Virtual Session - Microsoft Teams

We have a lot on our plates—making decisions, fixing problems, managing money (the list goes on). What if you were told that to do it all and do it well, just do nothing? Author and speaker Rob Dubé challenges you to do just that (nothing, that is) and will share his leadership story and lessons learned from years of daily meditation practice, and silent meditation retreats.

Benefits to practicing mindfulness:

- Reduce stress and anxiety
- Improve quality of sleep
- Be more focused and present
- Achieve a better work/life balance
- Maintain a healthier body, mind, and spirit



Rob Dubé

Rob is a Michigan native, entrepreneur, author, and national speaker. For the last 31 years he has served as president and co-founder of imageOne, ranked by Forbes Small Giant, as a best company in America. Also ranked by the Detroit Free Press as a top workplace in Michigan.



Registration Options:

1. Register online at bit.ly/OakFit-DoNothing

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473