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## LEADERSHIP FROM THE INSIDE OUT

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Join us and learn:

- How to apply mindfulness to leadership
  - Mindfulness and work performance
  - Mindfulness meets technology - mobile apps for mindfulness practice
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**WHO:** Dr. Mojgan Jahan, Clinical Psychologist

**WHERE:** Balfour Beatty, 10620 Trenea Street, #300 San Diego 92131

Free Parking

**WHEN:** February 26, 2019, 7:30 a.m. Registration, 8:00-9:15 a.m. Program

Members: \$25 Students: \$15 Registration Closes February 22

[REGISTER](#)

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**Dr. Mojgan Jahan**  
Clinical Psychologist

Dr. Jahan has a passion for helping women grow and flourish. Growing up as a girl in Iran, she witnessed first-hand the immense value of women supporting and mentoring each other. For the past decade, Mojgan has been active in teaching and spreading the word about health benefits of mindfulness and meditation. She is one of fewer than 10 medical providers nationwide certified by the Benson Institute for Mindfulness.



Henry Institute for Mind Body  
Medicine as a Stress Management  
and Resiliency Training Certified  
Healthcare Practitioner.

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CREW Network Foundation exists to influence the  
success of the commercial real estate industry by  
advancing the achievements of women.

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