



**GET TOOLS FOR EFFECTIVE
PLANNING AND FOLLOWING THROUGH,
ORGANIZATION, FOCUS, & BALANCE**

MENTAL COACHING TO SUCCEED

For Neurodiverse Students

FREE 4-SESSION WORKSHOP

TUESDAYS, 3:30 PM—5:00 PM

Series 1: June 8 - June 29

Series 2: July 6 - July 27

**FOR MORE INFORMATION,
CONTACT LUANA NAN AT LNAN@SA.UTAH.EDU**

TO REGISTER, GO TO

**[https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-
registration.php](https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php)**