

# Ending Generational Stereotypes

Are you a boomer or zoomer? We all love to make sense of a complicated world by placing ourselves and others into boxes. But stereotyping of any kind hinders cooperation and innovation in organizations and limits the well-being and potential of the individual. The solution? It starts with awareness and ends with re-wiring our inner patterns of thoughts.



## *The mindful way to inclusion*



### **You'll discover:**

- How we are genetically hard wired to divide and stereotype and further encouraged to do so by society.
- How the hard wiring of our brains work against creating thriving lives and inclusive work environments.
- How mindfulness can help us rebel through awareness and compassion training.
- How to practise mindfulness and get practical mindfulness tips and tools.

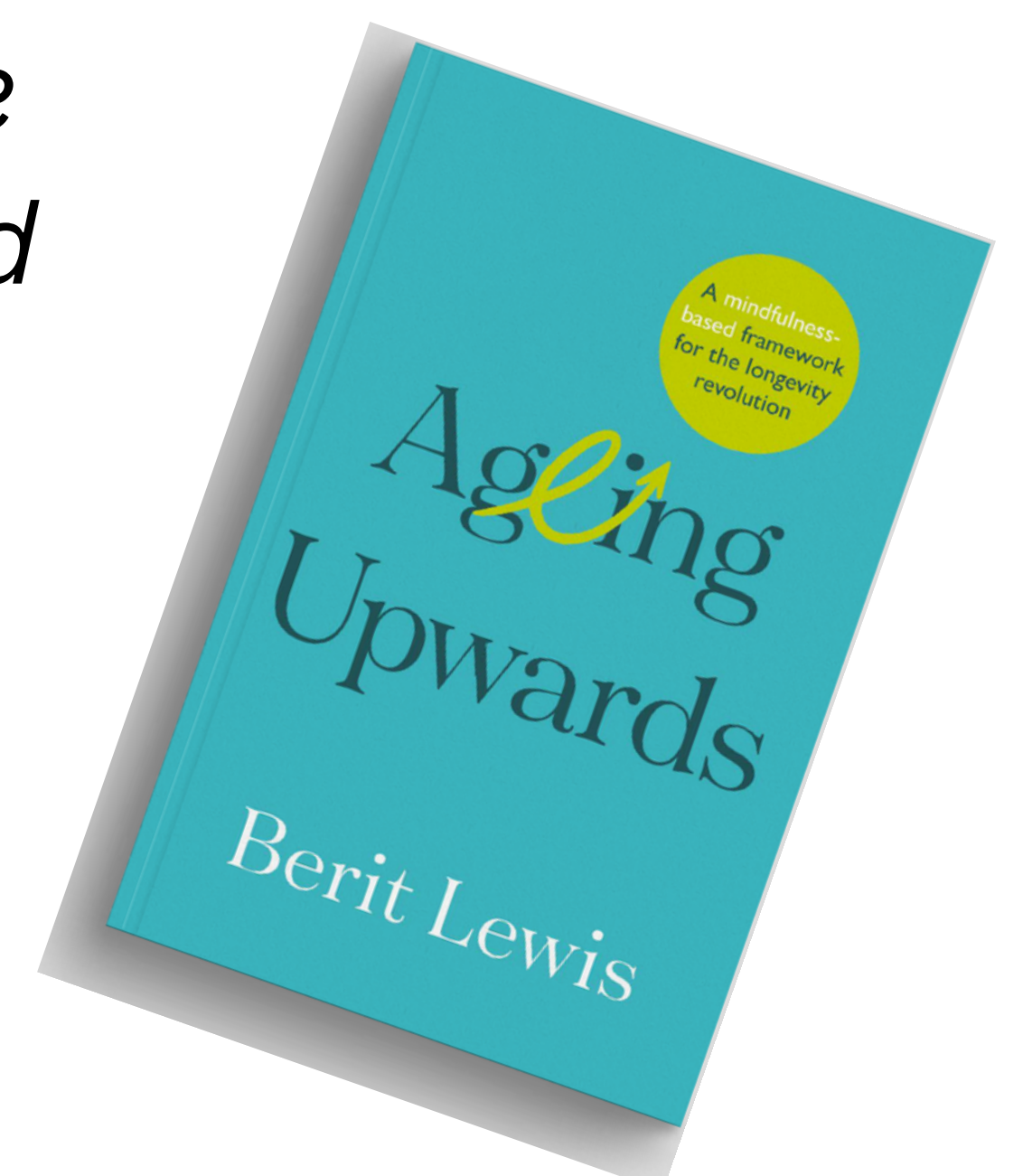
### **Ideal for:**

- Organisations challenged by cooperation across ages.
- Organisations facing the changing demographics.
- Teams looking to build stronger relationships focusing on *we* rather than *me*.
- Anyone looking to stop internalised stereotypes limiting them.
- Anyone wanting to support a more inclusive and compassionate work-environment.

*Berit Lewis is an experienced mindfulness teacher and the author of the book Ageing Upwards – a mindfulness-based framework for the Longevity Revolution.*

*“... an essential companion for all leaders and professionals and for anyone who wants to be able to create connection and engagement and make an impact on healthier workplaces.*

Jacqui Fairbrass, leadership coach and founder of Trafalgar Personal Development Ltd



**Get in touch to book Berit for your next event:  
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