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Reclaiming the Moment: Mindfulness for Work, Life, and Everything In Between

DePaul Webinar

[Register for the Webinar](#)

Date & Time Aug 13, 2025 12:00 PM - 1:00 PM

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Location This is a virtual event

This webinar will be presented live via Zoom and will not be recorded. Registration is required to receive log-in details. It does not cost anything to [download Zoom](#) or, if you need help, to [view tutorials](#).

This session explores how mindfulness can help you stay grounded in the present and capture the spirit of recovery. We'll explore how to allow your "full experience", including the stress, without being carried away by it.

About the Presenter

[Grace Lemmon](#), PhD, is an associate professor of management. She is a research expert on topics related to stress management, including burnout, engagement, work detachment and work recovery. She is particularly interested in how people develop more fulfilling relationships with work through value alignment. She has published her work in the Academy of Management Journal, Journal of Management, and Organizational Dynamics. She provides corporate training on topics related to stress, mindfulness, and barriers to leadership, such as perfectionism, procrastination and imposter syndrome.

Additional dates

Additional Dates

- [Jul 24, 2025 11:00AM](#)
- [Jul 31, 2025 11:00AM](#)
- [Aug 7, 2025 11:00AM](#)
- [Aug 14, 2025 11:00AM](#)
- [Aug 21, 2025 11:00AM](#)