

Mindfulness & Resiliency Series

How Apologies Heal

“The first to apologize is the bravest, the first to forgive is the strongest, the first to forget it the happiest.” - Michelle Reugebrink

The Extraordinary in the Ordinary

Learn several effective apology methods that can generate true forgiveness and reconciliation. Find out more about the 6 healing factors.



Presented by:
Michelle Reugebrink
 Mindfulness and Resiliency
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 NBHWC, IHCP, ICF-PCC,
 ACE-CPT, MBSR (Certified)



Date: October 23, 2019

Time:

- 9:00 a.m. - 10:00 a.m. Alaska (AKDT)
- 10:00 a.m. - 11:00 a.m. Pacific (PDT)
- 11:00 a.m. - 12:00 p.m. Mountain (MDT)
- 12:00 p.m. - 1:00 p.m. Central (CDT)
- 1:00 p.m. - 2:00 p.m. Eastern (EDT) & Atlantic Standard (AST)

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Mindfulness

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