

Mindfulness Practice at RCSC for 5 to 10 Minutes every Monday

The RCSC with the support and guidance from Ms. Yizhao Chang, the certified teacher from Search Inside Yourself Leadership Institute (SIYLI) is conducting 5 to 10 minutes the meditation and mindfulness practice every Monday within the staffs of RCSC. This is initiated to help colleagues to develop the practice of mindfulness in order to build emotional intelligence, improve focus and to become more resilient and compassionate.



This practice will continue now after every Monday.

