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Happy New Year!!

We wish you a very Happy New Year and hope that 2020 delivers all that you are hoping and working for!!

We've got a lot in store for the Nextions community this year! We have launched the Nextions Academy with an innovative collective learning workshop on January 15th entitled Mind the Gap: Neurobehavioral Frameworks for Creating Sustainable Inclusion. Through the Nextions Academy, we will be delivering more innovative workshops like this as well as webinars and certificate programs. We are also launching a series of workshops, webinars, and coaching for wellness. Stay tuned for all the announcements and invitations!!

The Nextions Team is ready to continue our groundbreaking research, tailored consulting, and personalized coaching to help you reach your leadership, inclusion, and wellness objectives.

*Onward!
The Nextions Team*

Welcome Krista!!

Dr. Krista Robinson-Lyles is going to be working with Nextions to build our mindfulness and wellness practice. Many

to inclusion and succeeding when you are underrepresented. We could not have asked for a better partner than Krista, and we look forward to all of you meeting her soon.

Krista is helping us ring in 2020 with a reflection on mindfulness. We look forward to hearing what you think!

A Mindful Reflection on Mindfulness
by Dr. Krista N. Robinson-Lyles

What's having the biggest negative impact on your work today? Perhaps the morning traffic tested your last bit of patience. Or, have you literally moved from one meeting to another and just realized you haven't eaten or taken a break in between? What about "that" person at work who acts as if communication is synonymous with blaming and shaming. Maybe the project you're working on for your very demanding client has hit yet another snag, or you've just looked at the emails you put off yesterday, and they have somehow magically multiplied times three? [Read the rest of the reflection here.](#)



THE NEXTIONS MISSION

way individuals think, work, and lead, we can change the world... for good. We work for that change every day by living Our Fundamentals (Joy, Excellence, Kindness, Kaizen, Kairos, and Leadership) in every interaction with each other and all those we have the privilege of serving.



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