

# Gaining Mindful Leadership

Finding Clarity, Confidence, and Calm in a Busy World

*Presented by Christi Clemons Hoffman*



**WEDNESDAY, APRIL 8, 2026**

O'Neill's Restaurant

9417 Mission Rd, Leawood, KS 66206

5:30 PM

6:00 PM

6:40 PM

**NETWORKING**

**DINNER**

**PROGRAM**

In today's fast-paced world, many women are balancing careers, businesses, family responsibilities, and personal goals—often while feeling pressure to do it all. This talk explores how simple mindfulness and meditation practices can help women step out of overwhelm and into greater clarity, confidence, and presence. Christi Clemons Hoffman shares practical techniques for calming the mind, managing stress, and reconnecting with inner wisdom so that decisions, leadership, and relationships come from a more grounded place.

You will learn how mindfulness can be woven into everyday life—even in the middle of a busy workday—to create more focus, resilience, and balance as Christi shares:

- ▶ Simple mindfulness techniques you can use in just a few minutes to reduce stress and reset your focus.
- ▶ How meditation and mindful awareness can improve decision-making, confidence, and leadership presence.
- ▶ Practical ways to bring calm and clarity into your workday, even during busy or challenging moments.
- ▶ How developing a meditation practice can help you reconnect with your intuition and inner guidance.



AMERICAN BUSINESS  
WOMEN'S ASSOCIATION

*Changing Women's Lives  
One Woman at a Time.*

**MO-KAN CHAPTER**

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*Christi Clemons Hoffman, MA, BCHt is the founder of Radiate Wellness Community and the host of the Real-Life Angel Encounters and Radiate Wellness podcasts. She is a meditation and mindfulness teacher, Board-certified hypnotherapist, intuitive guide, and Reiki Master who is passionate about helping people slow down, breathe, and reconnect with themselves. Her approach to meditation is both practical and approachable, making it easy for beginners to start while still offering depth for those who have an established practice. [www.radiatewellnesscommunity.com](http://www.radiatewellnesscommunity.com)*

***Invite a friend and reserve your spot today!***

Cost for Program & Dinner: \$28 per person

Late & Walk-in Reservations: \$15, which includes the Speaker Program;

Dinner will need to be ordered/paid for separately at the time of arrival.

**Reservations AND Dinner Choice deadline is  
by 6 pm Sunday, April 5, 2026.**

