championawoman Edit Profile 🔘



Champion Woman

Nonprofit Organization

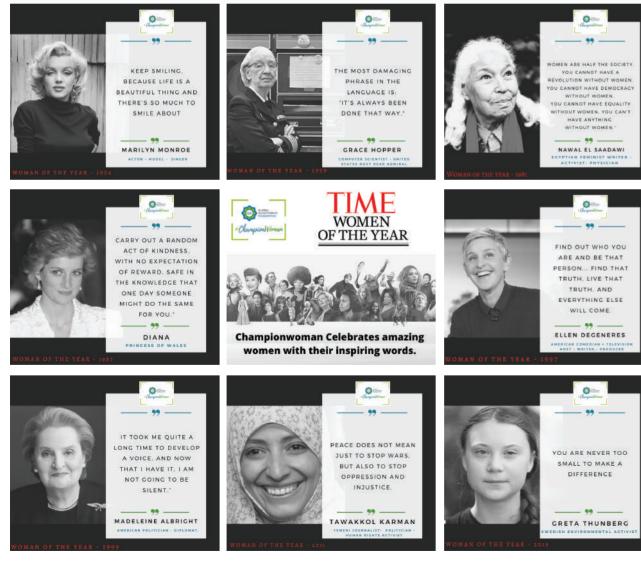
#ChampionWoman is powered by Global Adjustments Foundation to enable and empower women to be their best selves. #WorkLifeBalance #LifeSkills youtu.be/EVOQL4sOj4A



IGTV

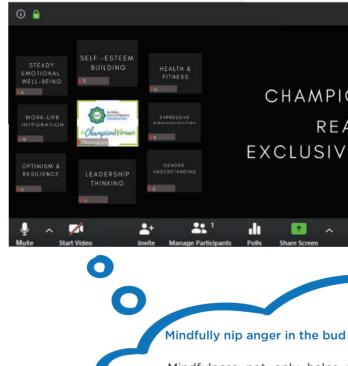
SAVED

② TAGGED



We at Global Adjustments Foundation conduct free interactive ChampionWoman workshops for school and college girls and working women.





anger goes down.

/championwoman

Call at +91 75502 21513 or e-mail championwoman@championwoman.org 12 June 2020 | CULTURAMA

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CHAMPIONWOMAN IS NOW ON ZOOM REACH OUT TO US NOW FOR AN EXCLUSIVE SESSION ON MINDFULNESS

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Mindfulness not only helps you focus on whatever you are doing but also helps with anger management. If you consistently practice mindfulness, you will benefit in three ways as far as anger management goes - frequency intensity recovery, (FIR) of the



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