



KINGMAN, Kansas CEC Conference

Mindful Living is Active Living

June 26, 2025



*Our mission is to build and transform individuals  
and companies through mindfulness so as to help  
grow and nurture a kinder Wichita.*

Mission

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“You are Special,  
Unique and Different”

- HDR

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# The Nature of Our Mind



- Negativity Bias
- Confirmation Bias
- Wandering...
- Incessant Chatter
- Not Enough



# Science & Statistics





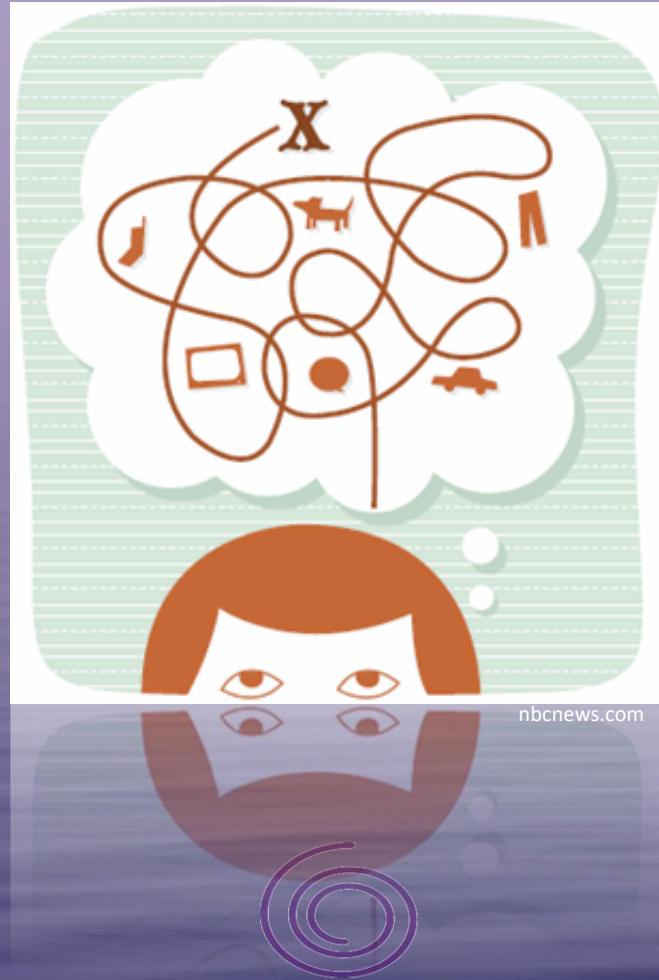
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Mindfulness is the Awareness that  
develops by paying attention  
on purpose, in the present moment  
without judgement.

- Jon Kabat-Zinn



# Mind Wandering 47%





# The Mozzarella Cheese Stick Incident



The background of the slide features a complex network of glowing blue neurons. The neurons have bright, star-like cell bodies with numerous thin, branching processes extending outwards, creating a dense web of light against a dark background. Two white rectangular text boxes are overlaid on the image. The top box contains the word 'NEUROPLASTICITY' in purple capital letters. The bottom box contains the phrase 'THE MIND CAN BE TRAINED' in black capital letters.

# NEUROPLASTICITY

THE MIND CAN BE TRAINED



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Being Mindful is  
when you are having Fun

- Ellen Langer

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# Companies Embracing Mindfulness



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# List of Benefits for the employee....

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Integration  
Connection  
Healthier employees  
Engagement  
Recruitment tool

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- Constance Porazka
  - Founder of Retreat to Joy & Mindful ICT
  - 20 yr career at GSK and Riordan Clinic
  - MBSR certified Instructor
  - Founding Member MTCN
  - Facilitator at Meditate Together ML
  - Lifetime experience and Knowledge Mental Health
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# 2020

WORLD PEACE BEGINS  
IN WICHITA

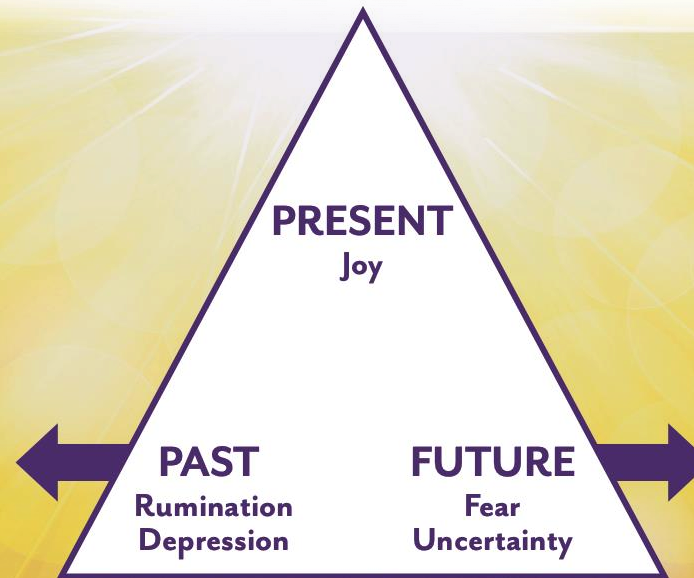


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- Constance Porazka
  - Winner of 2024 Catalyst for Change grant Network Kansas
  - Co-founder Retreat to Joy 2016
  - Co-creator Mindful ICT 2024-current Innovative, Disruptive and Sustainable  
[www.worldpeacebeginsinwichita.com](http://www.worldpeacebeginsinwichita.com)





# ELEVATE YOUR THOUGHTS TO THE PRESENT



***Joy*** is the ability to  
be happy no matter  
what happens.

Contact:

Constance Porazka

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[www.retreattojoy.com](http://www.retreattojoy.com)

[www.facebook.com/retreattojoy](https://www.facebook.com/retreattojoy)

# Thank you

