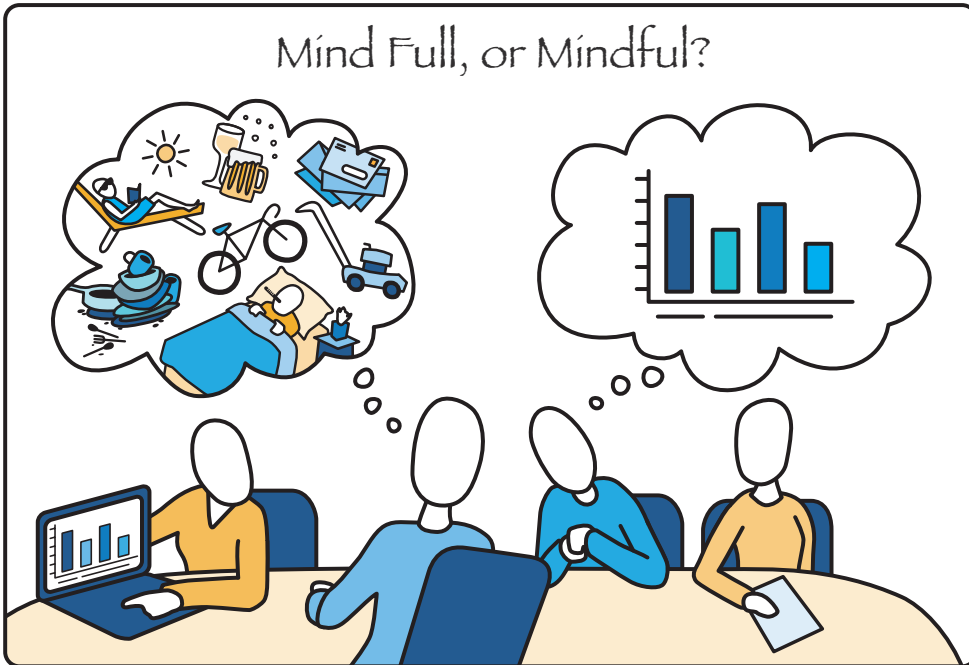


# MINDFULNESS

Reshaping Business and Transforming the American Workplace



**Health care expenditures are nearly 50% greater for workers who report high levels of stress.**

– *Journal of Occupational and Environmental Medicine*

Mindfulness is the practice of bringing your attention to present moment experiences. It is actively paying attention to your thoughts, body sensations and mood in a non-judgmental way.

Research highlights clear benefits to Mindfulness, in its effect to:

- Reduce the level of stress people experience.
- Increase mental focus & the ability to concentrate – leading to higher productivity.
- Improve the immune system, relieves chronic pain.
- Reduce blood pressure, anxiety disorders and alleviates depression.

Participants in the Mindfulness programs of one Fortune 500 company:

- Show a 28% decrease in perceived stress.
- Report a 20% improvement in sleep quality and a 19% reduction in pain.
- Gain an average of 62 minutes per week of productivity, worth approximately \$3,000/employee/year to the company.

*From "At Aetna, a C.E.O.'s Management by Mantra", The New York Times, by David Gelles (2015)*

## Who is using Mindfulness?

### COMPANIES AND ORGANIZATIONS SUCH AS:

- Google
- General Mills
- Patagonia
- GE
- Intel
- Adobe
- Salesforce
- IBM
- Target
- US Marines

### SPORTS TEAMS INCLUDING:

- Seattle Seahawks
- Boston Red Sox
- Golden State Warriors

Mindfulness is found in the CURRICULUM OF TOP BUSINESS schools including:

- Harvard
- Stanford
- Wharton
- NYU
- Northwestern

**Bigtoe**  
in the water

### HARRIET STEIN, RN, MS

Harriet is a Registered Nurse and professional presenter to Fortune 500 companies with 35 years of experience in the global healthcare industry. Harriet's passion is helping individuals take steps toward a healthier, more fulfilling life.



### PROGRAMS & WORKSHOPS

Harriet offers actionable programs for large organizations, small groups, and individuals.

Programs are from one hour up to a full day in length and are customized for the needs of each client. Harriet's workshops teach people how to easily work with the many challenges they face every day and help employees to be healthier, more creative, collaborative and accepting.

*Mindfulness is easy to learn, and involves only a small time commitment to bring forth immediate, positive results.*

**A mindful business is a healthy, more collaborative, engaged workplace.**

**CONTACT HARRIET TODAY**  
215-326-9459

harriet@bigtoeinthewater.com  
www.bigtoeinthewater.com

@PauseAndNotice