

# Why Mindfulness?

## Mindfulness is transforming the American workplace.

With organizations like Apple and Harvard University integrating Mindfulness programs across their organizations and respected leaders practicing every day, the evidence is clear. Mindfulness is a proven method for a healthier, less stressful life and a more collaborative, engaged workplace.

**Even better, it's easy to practice and the benefits are immediate.**

### **Enhanced Performance**

"I use Harriet's techniques and in turn it's made me more productive, a better communicator and most importantly – I live in the moment."

– Bill Morrow, Empirical Consulting Solutions

### **Reduced Stress Levels**

"Harriet helped our staff with stress management in a very fast-paced environment. Harriet quickly engaged our audience and provided clear and simple instructions. Many participants continued to use the techniques long after the program."

– Theresa Krallinger, High Five Performance, Inc.

### **Impacts Productivity and Profitability**

"Harriet spoke to a sold-out room of business executives on the topic of mindfulness. While mindfulness continues to garner more awareness, many in the audience didn't know quite what to expect, but they left with a totally enlightened perspective. Harriet commanded the room in an engaging, interactive and informative discussion of the topic and its many benefits.

As business leaders, while the health benefits of mindfulness are certainly significant, Harriet also articulated the ROI of mindfulness - how it impacts productivity and profitability. I highly recommend Harriet as a speaker for any organization. Once you've seen her in action, you'll want her to work with your team!"

– Dave Bookbinder, Valuation Expert

### **Improved Focus and Concentration**

"Harriet recently spoke at one of our company events and my life has changed for the better. It takes me just 8 minutes a day and I have realized even greater inner peace than before. I focus better, concentrate better and life is just better. For me, the results were immediate."

– Sheldon Dennis, Vice President at The Board of Pensions of the Presbyterian Church



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

— Journal of Occupational and Environmental Medicine

### **THE HARVARD BUSINESS REVIEW ON MINDFULNESS**

Leaders across the globe feel that the unprecedented busyness of modern-day leadership makes them more reactive and less proactive. There is a solution to this hardwired, reactionary leadership approach: *Mindfulness*

## **MEET HARRIET STEIN, RN, MS**

With more than thirty years' experience in the global healthcare industry, including almost a decade teaching Mindfulness at Johnson & Johnson, Harriet Stein is passionate about showing individuals and organizations of all sizes how a culture of Mindfulness can enhance performance, lower healthcare costs and boost morale.

An inspirational teacher, professional speaker and Registered Nurse, Harriet customizes Mindfulness programs to fit her client's needs and teaches actionable steps that lead to a healthier, more fulfilling life.

