



Harriet Stein

Harriet works with organizations that want to maximize performance via the power of mindfulness!



WHAT CLIENTS HAVE TO SAY

The credible expert business audiences need to hear now...highly engaging!

— **Martti Hedman, Current CEO DFE Pharma, Former CEO of Colorcon Inc.**

Harriet led mindfulness sessions at our MAGI conferences. At our last event, she rated in the top 2% of speakers.

— **Norman Goldfarb, Chairman of MAGI**

Harriet spoke to a sold-out room of business executives. Once you've seen her in action, you'll want her to work with your team!

— **Dave Bookbinder, Valuation Expert**

She is, without a doubt, the best-suited expert for corporate audiences. Oh, and she's funny and approaches mindfulness in a light-hearted way, making her workshops a refreshing departure from the others we offer our employees.

— **Glenna Crooks, Ph.D., Author, Healthcare Policy, and Public Health Expert**



HOW TO LEAD WITH AWARENESS

- Discover how to make mindfulness work for you
- Create a mindset shift away from reacting to responding
- Develop the life-changing skills necessary to decrease stress and enhance performance
- Gain an understanding of how to support positive people management practices
- Harness the power of scientific research and its impact on our physical and mental health
- Learn how to create the space to think, to reconnect and enjoy (yes, enjoy!) your personal time

Harriet Stein is dedicated to working with organizations to optimize their most valuable resource: their people.

Focusing on mindfulness, she delivers tangible benefits to her client's bottom line. Harriet is the author of "Perfect Attendance: Being Present for Life," creator of an award-winning global mindfulness program, a member of the National Speakers Association, and a registered nurse. During her tenure at Johnson & Johnson, she successfully introduced mindfulness practices to over 5,000 employees and leaders. Known for her engaging programs, Harriet seamlessly blends science and humor to deliver valuable content.

CONNECT WITH HARRIET

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