



WHY MINDFULNESS?

Mindfulness is now seen as a crucial skill in business.

Mindfulness is used by companies to help employees improve their productivity by increasing their ability to focus and enhance their mental clarity. Mindfulness is shown to reduce levels of stress. A Mindful business is a healthy, more collaborative and engaged workplace.

Harriet Stein of *Big Toe in the Water* brings Mindfulness Programs to companies of all sizes to transform employee productivity, engagement, and satisfaction.

The benefits of Harriet Stein's programs are many:

1. Increased Productivity

"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

2. Increased Ability to Focus

"Harriet is an inspiring individual and her Mindfulness sessions were just what I needed while working. They helped me come back to focus."

– Bryan Pehrson, Johnson & Johnson

3. Better Deal with Stress

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

– Theresa Krallinger, High Five Performance, Inc.

4. Improve Mental Clarity

"Harriet made it easy to grasp the concept of mindfulness. She teaches in a manner that is simple to practice on a regular basis. Each time I practiced with Harriet I felt mental clarity and a sense of calm."

– Danielle Kuhn, Christiana Care Health System

5. Meet Your Team's Objectives

"Harriet and I worked on incorporating Mindfulness into a number of team development programs at Johnson & Johnson. Her ability to customize the learning for each team ensured the final product was impactful."

– Liam Keary, Mallinckrodt Pharmaceuticals

HARRIET STEIN, RN, MS

Harriet Stein has more than thirty years experience in the global healthcare industry, including almost a decade teaching Mindfulness at Johnson & Johnson. She is a Registered Nurse and professional presenter to companies ranging in size from small firms through the Fortune 100. She is called an "inspirational teacher," and utilizes humor to teach the practice of Mindfulness.

Mindfulness is transforming the American workplace.

CONTACT HARRIET
215-326-9459

harriet@bigtoeinthewater.com
bigtoeinthewater.com

 @PauseAndNotice 

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.

Although Mindfulness isn't a magic pill, it will help you more actively select your responses and make calculated choices, instead of succumbing to reactionary decisions.

We've seen over and over again: a diligent approach to Mindfulness can [be] the difference between making a rushed decision that leads to failure and reaching a thoughtful conclusion that leads to increased performance.