



HARRIET STEIN

Harriet Stein has more than thirty years' experience in the 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 500.

Harriet is recognized as an "inspirational teacher," and utilizes humor to teach the practice of Mindfulness. At J&J she taught Mindfulness to more than 5,000 of her colleagues, gave presentations at internal leadership summits for global audiences, and instructed on Mindful Leadership. Harriet's unending enthusiasm and passion to help individuals take steps toward a healthier, more fulfilling life through this practice is striking. Her knowledge and energy enable her Mindfulness participants to successfully enhance both their professional and personal lives.

Her desire to teach Mindfulness began after attending her first professional program with Dr. Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction (MBSR) Program in 2000. Harriet completed advanced teacher training in MBSR at the Myrna Brind Center for Mindfulness (Thomas Jefferson University Hospital, Philadelphia).

Harriet earned a BS in Nursing from Albright College and an MS in Health Administration from Saint Joseph's University. When not working, she enjoys taking photographs and videos that clearly demonstrate the positive and lasting impact that Mindfulness can have on our daily lives.

Harriet Stein
215-326-9459

harriet@bigtoeinthewater.com
www.bigtoeinthewater.com
twitter: @PauseAndNotice