



HARRIET STEIN, RN, MS

Harriet Stein understands the unique challenges that companies face today. An inspirational teacher and corporate speaker, Harriet **helps organizations improve their performance and bottom line by allowing their employees to better be able to focus** and bring clarity to their job via the practice of Mindfulness.

Finding a **work-life balance** has never been easy, but in today's tumultuous world it is more challenging than ever to break free from mindlessness and truly live in the present. A cookie-cutter app cannot effectively show you how to use Mindfulness to combat work overload and virtual fatigue or answer your specific questions and address your unique challenges. Harriet's Mindfulness programs teach essential skills through hands-on instruction that provides practical tools for achieving a more fulfilling and productive life.

Harriet is the creator of a well-respected **international Mindfulness training program** and has extensive experience teaching Mindful practices and strategies at **Fortune 500 companies** to improve corporate culture. During her tenure at **Johnson & Johnson**, she used her expertise and passion to directly instruct more than 5,000 worldwide employees on the practice of Mindfulness. From her engaging keynote speeches at corporate events and national conferences to her customized employee workshops and leadership retreats, Harriet delivers thought-provoking Mindfulness programs to companies of all sizes to transform performance, engagement, and satisfaction.

Offering both **in-person and certified virtual instruction**, Harriet will meet you wherever you are to incorporate mindfulness into the culture of your organization to lower healthcare costs, reduce stress and help your entire team stay focused. Mixing research and science with levity and fun, Harriet's proven strategies teach tangible ways to live in the present and be accessible, both professionally and personally. Learn how to respond instead of reacting, and how to quickly create space in your life to accomplish what you want to achieve - be it more creative, more efficient, or just a better night's sleep!

Harriet's first teacher was **Dr. Jon Kabat-Zinn, Founder of the Mindfulness-Based Stress Reduction Program** at the University of Massachusetts Medical School, and she completed extensive professional training at the Myrna Brind Center for Mindfulness at Thomas Jefferson University Hospital. Her background as a **Registered Nurse and her Master of Science degree in Health Administration** are foundational to the compassion and purpose she brings to her Mindfulness teaching and practice. Harriet has been featured in numerous print and broadcast outlets and interviewed on the Emmy-winning episode of PBS's "Counter Culture."

