



**Place a Pause** is a dynamic Mindfulness program that helps individuals and organizations:

- improve their performance and bottom line by teaching practical strategies.
- enhance employee **engagement, productivity and satisfaction.**

After all, a **Mindful business** is a healthy, more collaborative workplace!

Practicing Mindfulness enables you to:

- **create space** in your work and personal life, to focus on what is most important.
- be more creative, efficient and even get a better night's sleep!

Throughout Place a Pause's interactive and engaging program, participants will learn tangible ways to practice Mindful awareness, become **more present and productive** and be better equipped to handle stress and unavoidable work and personal conflicts.

## HOW IT WORKS

This immersive **four-week virtual program** focuses on cultivating and maintaining the foundational attitudes of Mindfulness. During each **weekly 75-minute session**, participants will experience an interactive and engaging agenda that includes formal and informal Mindfulness practices and small group exercises.

This program can be taught to:

- small groups of up to twenty individuals within a team, group, department, etc.
- designated employee trainers who will be taught to facilitate the program throughout their organization

## MEET HARRIET STEIN, RN, MS

Harriet Stein is passionate about teaching companies and schools of all sizes — well-respected universities to global conglomerates — how a culture of Mindfulness can increase performance, lower healthcare costs and boost morale.

An inspirational teacher, keynote speaker and Registered Nurse, Harriet works with every client to determine how to take actionable steps to lead a healthier, more fulfilling life. 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 through engaging presentations and at their internal leadership summit.

Harriet completed extensive Mindfulness Teacher Training and learned from the best, which began by attending professional programs with Dr. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction (MBSR) and continued at the Myrna Brind Center for Mindfulness at Thomas Jefferson University. This advanced training, interwoven with 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 programs.

