

ARE WE THERE YET?

Engage and Reconnect Through Mindfulness!

The pandemic has stretched us all to the limit. **But there's good news**—you have the power do something to **reduce your stress** and feel better about today, the situation around you, and the future ahead.

The practice of **Mindfulness** is a tool anyone can use to **become more engaged** with this very moment. Harriet's Place a Pause Mindfulness program does just that because the only moment that really exists is **right now!**

There are tangible takeaways for all who attend this program, including:

- Practical tools to find space to focus and engage at work, and to reconnect and enjoy (yes, enjoy!) your personal time.
- Life-changing, actionable skills to increase work performance, and make you more efficient in everyday life.
- Straightforward techniques to decrease the level of stress you are experiencing.
- Shareable strategies to help support your family and live a healthier, happier life.
- Easy-to-remember mindfulness practices to carry with you beyond the session and use every day.

A cookie-cutter app cannot effectively show you how to use Mindfulness to combat work overload, virtual fatigue, or feeling disconnected and lonely. Harriet's Mindfulness program teaches essential skills through hands-on instruction that provides practical tools for achieving a **more fulfilling and productive life**. Everyone has unique needs and challenges, and she includes time for one-on-one personal communication so you can ask specific questions about how to effectively incorporate Mindfulness into your life.

Harriet's 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. She completed advanced teacher training in MBSR at the Myrna Brind Center for Mindfulness at Thomas Jefferson University Hospital.

MEET HARRIET STEIN, RN, MS

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 organizations ranging in size from small firms to Fortune 500 companies.

Harriet is recognized as an "inspirational teacher," and her passion is helping individuals take steps toward a healthier, more fulfilling life. Mixing research and science with levity and fun, Harriet's proven strategies teach tangible ways to live in the present and be engaged and accessible, both professionally and personally.

