



HARRIET STEIN, RN, MS

Harriet Stein understands the unique challenges that organizations face today. An inspirational teacher and professional speaker, Harriet is passionate about teaching companies and schools of all sizes how a culture of Mindfulness can increase performance, lower healthcare costs and boost morale.

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 through engaging presentations and at leadership summits.

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 create space in your life to accomplish what you want to achieve – more creativity, more efficiency, or just a better night's sleep!

Harriet's first teacher was Dr. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction, and she completed extensive professional training at the Myrna Brind Center for Mindfulness at Thomas Jefferson University Hospital. This advance training, interwoven with her background as a Registered Nurse and her Master of Science degree in Health Administration, is foundational to the compassion and purpose she brings to her Mindfulness teaching and practice.

