

THE NEW WORKPLACE

Engage and Reconnect Through Mindfulness!

We have all seen videos of courageous hikers ascending Mount Everest, but we rarely hear about the journey back down, which is just as precarious. As we move forward in this **new work environment**, we need to **come back together** thoughtfully to help employees **reduce stress** and return with **confidence**.

Harriet's Mindfulness program can help navigate this integration, since it supports **employee engagement** and addresses understandable anxiety and fears. Takeaways include:

- Life-changing, actionable skills to decrease stress, increase work performance and make you more creative and efficient in everyday life.
- Clear-cut methods to help you navigate the changing work environment and feel safe and ready to reboard.
- Practical tools to find space to focus and engage at work, and to reconnect and enjoy (yes, enjoy!) your personal time.
- Straightforward techniques to decrease the level of stress you are experiencing.
- 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, reduce stress, or feel confident and safe in the present moment. Harriet's Mindfulness program uses hands-on instruction to teach essential skills for achieving a more fulfilling and productive life.

MEET HARRIET STEIN, RN, MS

Harriet Stein is a Registered Nurse, teacher, professional presenter, and consultant. She has more than thirty years' experience in the healthcare industry, including teaching Mindfulness to organizations ranging in size from small firms to Fortune 500 companies for over 15 years. For almost a decade, she taught Mindfulness at Johnson & Johnson.

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

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.

