

# THE NEW WORKPLACE

We have all seen videos of courageous hikers ascending Mount Everest, but we rarely hear about the journey back down, which is even more precarious.

As we move forward in this new work environment, we need **effective ways to help employees reduce stress**, so they can navigate workplace challenges with confidence.

With endless responsibilities of work, homelife, children, aging parents, the competition for our attention is at an all-time high. Trying to pay attention to everything can easily turn you into an exhausted spectator instead of a high performer.

**Harriet's Mindfulness program** teaches proven methods that support employee engagement and address understandable anxiety.

- Life-changing, actionable **skills to decrease stress**, increase work performance and make you more creative and efficient in everyday life.
- **Practical tools** to find space to focus and engage at work, and to reconnect and enjoy (yes, enjoy!) your personal time.
- 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 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, educator, 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.

