Harriet Stein

Harriet works with organizations that want to leverage the power of Mindfulness to drive performance, productivity and profits.

HOW TO LEAD WITH AWARENESS

- Discover how to make Mindfulness work for you

- Create a mindset shift away from reacting to responding

- Develop the life-changing skills necessary to decrease stress, and enhance performance

- Gain an understanding of how to support positive people management practices

- Harness the power of scientific research and its impact on our physical and mental health

- Learn how to create the space to think, to reconnect and enjoy (yes, enjoy!) your personal time

Harriet Stein has spent a career working with organizations and their most important resource – their people. Her work in mindfulness yields bottom line results for her clients. She is the creator of an award-winning global Mindfulness program, member of the National Speakers Association, as well as a registered nurse. She is well known for mixing research, science, and humor into her high content programs.

WHAT CLIENT'S HAVE TO SAY

The credible expert business audiences need to hear now...highly engaging!

— Martti Hedman, Former CEO of Colorcon Inc., Current CEO DFE Pharma

Harriet led mindfulness sessions at our MAGI conferences. At our last event, she rated in the top 2% of speakers.

— Norman Goldfarb, Chairman of MAGI

Harriet spoke to a sold-out room of business executives. Once you've seen her in action, you'll want her to work with your team!

— Dave Bookbinder, Valuation Expert

She is, without a doubt, the best-suited expert for corporate audiences. Oh, and she's funny and approaches mindfulness in a light-hearted way, making her workshops a refreshing departure from the others we offer our employees.

— Glenna Crooks, Ph.D., Author, Healthcare Policy, and Public Health Expert

CONNECT WITH HARRIET

harriet@bigtoeinthewater.com
www.HarrietStein.com
215.326.9459
www.linkedin.com/in/harriet-stein
www.twitter.com/PauseAndNotice
www.instagram.com/bigtoeinthewater

espeakers
CERTIFIED
e
VIRTUAL
PRESENTER

PROFESSIONAL SPEAKER
NSA
NATIONAL SPEAKERS ASSOCIATION
PROUD MEMBER