

Utilizing Mindfulness During Times of Uncertainty



ABOUT HARRIET

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 companies ranging in size from small firms through the Fortune 500.

Harriet is recognized as an "inspirational teacher," and her passion is helping individuals take steps toward a healthier, more fulfilling life. Her knowledge and energy enable her Mindfulness participants to successfully enhance both their professional and personal lives.

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. Harriet completed advanced teacher training in MBSR at the Myrna Brind Center for Mindfulness (Thomas Jefferson University Hospital, Philadelphia). Harriet earned a BS in Nursing from Albright College and an MS in Health Administration from Saint Joseph's University.

I can say with 100% confidence that none of us has ever been in a situation like this before.

You can do something to **reduce your stress** and feel better about today, the situation around you, and the future ahead. It's with a practice called **Mindfulness** – a tool all of us can use.

There are tangible takeaways for all who attend this session. These include:

- Tools to decrease the level of stress you are experiencing from our current hyper-stressful life that has become our new reality.
- Tools you can use while working, and while you are enjoying (yes, enjoying!) your personal time.
- Life-changing, actionable skills to use to increase work performance and make you more efficient in everyday life.
- Tools to help you support your family and can share with your children.
- Tools you will carry with you and continue to use once our session and time together is complete.

There will be time for Q&A, so you can privately via chat bring up questions you may have about this practice and how you can implement it.



**HARRIET IS NOW A
CERTIFIED VIRTUAL
PRESENTER**