HARRIET STEIN, RN, MS

Harriet Stein understands the unique challenges that businesses face today. An inspirational teacher and professional speaker, Harriet is passionate about speaking to organizations of all sizes about how a culture of mindfulness can reduce stress, increase performance, lower healthcare costs, and boost employee engagement.

A cookie-cutter app cannot effectively show you how to use mindfulness to combat work overload, answer your specific questions, or 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 author of Perfect Attendance: Being Present for Life and creator of Take a Pause, the award-winning international mindfulness training program that won first place in Impact on the Organization and second place in Innovation and Creativity at Sindusfarma's Boomerang Awards, which recognize the best-in-class training and development programs in the pharmaceutical industry in Brazil.

She has extensive experience teaching mindfulness 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 programs 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 reduce stress, increase patience, and 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. She completed extensive professional training at the Myrna Brind Center for Mindfulness at Thomas Jefferson University Hospital. This advanced 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 programs.

Bigtoe in the water

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