

SPEAKER BIOGRAPHY:

Please provide a brief biography that we may use to introduce you to the attendees. You may provide it in the space below or supply as an attachment.

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. She is called an "inspirational teacher," and utilizes humor to teach the practice of Mindfulness.

Harriet's passion is helping individuals take steps toward a healthier, more fulfilling life through this practice which will enhance both their professional and personal lives. She taught Mindfulness at J&J to over 5,000 of her colleagues, gave mindfulness presentations at internal leadership summits for global audiences, and instructed on Mindful Leadership. She launched her own company eight years ago and left J&J in 2017 to focus entirely on bringing Mindfulness into the workplace.

Harriet Stein's 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 in 2000. She completed advanced teacher training in MBSR at The Myrna Brind Center for Mindfulness at Thomas Jefferson University Hospital in Philadelphia.

Harriet earned a BS in Nursing from Albright College and a MS in Health Administration from Saint Joseph's University.

RECERTIFICATION CREDITS:

Has this presentation been awarded HRCI credits in the past: Yes No

Has this presentation been awarded SHRM credits in the past: Yes No

Has this program been presented to other SHRM chapters or at other HR related events? If yes, please fill in the chart below. Yes No

Name of Presentation	Date & Location	Credits received (Hours & Type)
Same as above, except 90 minute program	OCT 2018/Atlantic City, NJ	1.5 credit hour SHRM PDC/HRCI GEN
Same as above, except 60 minute program	APR 2019/King of Prussia, PA	1.25 SHRM PDCs and 1.25 General (HRCI) Credits

