

MINDFULNESS TRAINING FOR ATHLETES

THE REALLY MINDFUL
GROUP LLC

REALLY MINDFUL GROUP'S SOLUTIONS FOR ATHLETES

- Customized Workshops and Series of Workshops
- Custom text/email reminders for 5-30 days to reinforce workshop learning
- Private coaching (1:1 or small groups)
- Blended in-person & on-line training
- Keynotes and Presentations

EXAMPLES OF WORKSHOPS

- Mindful Fundamentals for Athletes
- Reverse the Stress Response
- Mind Over Matter
- In the Zone
- Peak Performance
- Mindful Teamwork

WHAT SETS OUR TRAININGS APART

- Credible and Relatable
- Teaching a formal mindfulness **curriculum**, not just meditation
- Goal is to help participants actually incorporate practices into their lives
- Teaches '**Mindfulness in Action**' so not adding more to peoples' plates
- Participants **don't rely on an app**, they are taught to practice mindfulness in the middle of whatever they are doing

THE REALLY MINDFUL GROUP LLC
CORPORATE MINDFULNESS TRAINING
SARAH STUART, HARVARD LAW SCHOOL '91

SARAH@REALLYMINDFULGROUP.COM

WWW.REALLYMINDFULGROUP.COM

CELL: 781 363 2852

ABOUT SARAH

THE REALLY MINDFUL
GROUP LLC

Sarah Stuart is Really Mindful Group's CEO and top mindfulness instructor. Before training in mindfulness, Sarah worked in-house as a lawyer at **Reebok** (Boston & Rotterdam); the **National Basketball Association** (New York & Paris); and **Simon & Schuster** (New York). She was also an associate at New York law firm **Davis Polk** and a law clerk for **New York Federal District Court Judge Kimba Wood**. Sarah received her law degree from **Harvard Law School** (*Cum laude*), where she was an editor of the **Harvard Law Review**, and her undergraduate degree in Law and Public Policy from **Brown University** (*Magna cum laude with Honors and Phi Beta Kappa*) where she was a member of the Varsity Squash Team. Sarah completed her Mindfulness-Based Stress Reduction Fundamentals training at the **Center for Mindfulness**, founded by Jon Kabat-Zinn, at UMass Medical. She has attended numerous mindfulness retreats, including at **Insight Meditation Society**, **Cambridge Insight Meditation Center**, and **Inward Bound Mindfulness Education (iBme)** and she has studied with world-renowned teachers including Jon Kabat-Zinn, Joseph Goldstein, Larry Rosenberg, George Mumford, Jessica Morey and Doug Worthen. Her executive coaching training was with CTI/Co-Active and her Executive MBA from the Fuqua School of Business, Duke University.

PARTIAL CLIENT LIST

Sarah's practice includes work with sports organizations (CrossFit New England, WV BBTS Ski Race Club), universities (Harvard Law School, Brown University), high schools (Groton school, Dover Sherborn High School), leading companies (Coca Cola, Taylor Made Golf), and top law firms (Hinckley Allen). Sarah also works one on one with elite athletes.

TESTIMONIALS

"In a world of overstimulation, instant gratification, and blurred lines, Sarah's mindfulness seminar offers tools that will help bring **clarity** and **focus** to your mind. She teaches you the skills to create your own **inner peace**. As a competitive athlete, working with Sarah allows me to strengthen my strongest asset: my mind. Having the ability to be mindful, to be **present**, and to be in **focus**, translates not only in my sport but in my life." – Casey Congel, CrossFit Athlete, CrossFit New England

"Sarah is **incredibly knowledgeable and passionate** about mindfulness. She did a great job providing numerous practical examples of how to seamlessly incorporate mindfulness into one's busy life to increase **productivity, effectiveness, and happiness**." – William S. Reimus, esq., Senior Vice President and General Counsel, TaylorMade Golf