

# MINDFULNESS TRAINING FOR SCHOOLS

THE REALLY MINDFUL  
GROUP LLC

## REALLY MINDFUL GROUP'S SOLUTIONS FOR SCHOOLS

- 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 Schools
- Reverse the Stress Response
- Mind Over Matter
- Myth of Multitasking
- Overcoming Distractions
- Mindful Leadership
- Emotional Intelligence
- Mindful Communication
- Mindful Negotiation

## WHAT SETS OUR TRAININGS APART

- Credible and Relatable
- Full mindfulness **curriculum**, not just meditation
- Participants learn to incorporate practices into their lives
- **'Mindfulness in Action'** integrates seamlessly into hectic schedules
- Participants practice mindfulness **without downtime**
- Training is **personalized** and **interactive**

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

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## ABOUT SARAH

THE REALLY MINDFUL  
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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 universities (Harvard Law School, Brown University), high schools (Groton school, Dover Sherborn High School), leading companies (Coca Cola, Taylor Made Golf), top law firms (Hinckley Allen), and sports organizations (CrossFit New England, WV BBTS Ski Race Club).

## TESTIMONIALS

"Sarah's background as an accomplished attorney gives her instant **credibility** with lawyers and other professionals, and all of Sarah's workshops for Harvard Law students and staff have been met with **high attendance and enthusiasm**. I highly recommend Sarah's work for any organization interested in employee **retention and satisfaction**." – Margie Boone, Office of Career Services, Harvard Law School

"I really appreciated that Sarah understood from personal experience how difficult it can be for lawyers to take time during the day to simply focus on breathing and quieting the mind, and that she didn't present a "one size fits all" approach. I'm excited about trying to incorporate some of her suggestions into my daily routine." – Naomi Bass, Assistant Director, Center for Co-op and Professional Advancement, Northeastern University Law School