

CORPORATE MINDFULNESS TRAINING

THE REALLY MINDFUL
GROUP LLC

REALLY MINDFUL GROUP'S CORPORATE SOLUTIONS

- 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 in the Corporate Setting
- Reverse the Stress Response
- Mind Over Matter
- Myth of Multitasking
- Overcoming Distractions
- Mindful Leadership
- Emotional Intelligence for Better Teams
- Mindfulness and Business Strategy
- Mindful Communication
- Mindful Negotiation

WHAT SETS OUR TRAININGS APART

- Credible and Relatable– based on 23 years work in the corporate world
- 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**
- Promotional support is included

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*). 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 leading companies (Coca Cola, Taylor Made Golf), top law firms (Hinckley Allen), universities (Harvard Law School, Brown University), and sports organizations (CrossFit New England, WV BBTS Ski Race Club).

TESTIMONIALS

"Sarah was **amazing all around**. She was **very knowledgeable** on the subject but even more important was that she was able to relate the content with her own experiences and very practical examples. She **fully engaged** the team in all the meditation exercises. A handful of our executives expressed that this has been **one of the best** training programs they have ever received at the company." – Enrique Montemayor, CFO, Harbar

"Sarah **really understands** the day to day challenges of lawyers in the corporate world, and after incorporating some of her suggestions into my daily work, I feel **more resilient**." – Greg McCurdy, Director, Litigation at Global Tech Company, San Francisco, CA

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