

MINDFULNESS TRAINING FOR LAWYERS

THE REALLY MINDFUL
GROUP LLC

REALLY MINDFUL GROUP'S SOLUTIONS FOR LAWYERS

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

EXAMPLES OF WORKSHOPS

- Mindful Fundamentals for Lawyers
- Reverse the Stress Response
- Mind Over Client Matter
- Mindful Multitasking Multiple Client Matters
- Overcoming Distractions
- Mindful Leadership for Lawyers
- Emotional Intelligence for Better Teams
- Emotional Intelligence for Business Development
- Empathetic Leadership
- Mindful Communication

WHAT SETS OUR TRAININGS APART

- Credible and Relatable– based on **23 years' experience** as a lawyer
- 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
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*). 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'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

"Sarah gave an **outstanding** presentation on utilizing Mindfulness to improve **productivity** and **effectiveness** while reducing stress and adopting a **healthier** lifestyle. Sarah's impressive background in the law combined with her **honest** and **underrated style** resulted in an interactive workshop that was greatly appreciated by everyone. I highly recommend Sarah to any organization that cares deeply about maintaining a healthy work force while promoting a **high performance culture**." – David J. Rubin, Managing Partner, Hinckley Allen

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

SARAH@REALLYMINDFULGROUP.COM

WWW.REALLYMINDFULGROUP.COM

CELL: 781 363 2852