

# Harriet Stein

Harriet is a Registered Nurse and professional presenter to companies of all sizes with 35 years of experience in the healthcare industry. After working 12 years in hospitals as a nurse and patient advocate, she spent the next 20 years in Pharma monitoring clinical trials and then transitioned into a global role supporting the learning needs of clinical operations after facilitating the implementation of two learning managing systems. She then moved into corporate Global Health at Johnson & Johnson (J&J) where she managed the work life programs for North America.



Harriet's passion is helping individuals take steps toward a healthier, more fulfilling life through the practice of Mindfulness 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. While at J&J she was the recipient of two Standard of Leadership Awards. She launched her own company seven years ago and left J&J in 2017 to focus entirely on bringing Mindfulness into the workplace.

Harriet Stein participated in professional training with Dr. Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction (MBSR) Program at the University of Massachusetts Medical School. And completed advanced teacher training at the Mindfulness Institute of Thomas Jefferson University Hospital. Harriet earned a Bachelor of Science in Nursing from Albright College and a Master of Science in Health Administration from Saint Joseph's University.