

CORPORATE MINDFULNESS



HELP YOUR EMPLOYEES THRIVE DURING CRISIS



Improve Attention and Productivity

Our workshops teach your employees how to minimize attention loss ultimately increasing productivity.



Reduce Stress

Our scientifically designed Mindfulness programs help your employees cope with stress.



Promote Resiliency and Adaptability

Our programs will help improve your employee's ability to be resilient and adaptable.



AWAKEN WITH LIGHT

For more about Nancy's services visit: awakenwithlight.com



AWAKEN WITH LIGHT

with Nancy Gentle Boudrie



Nancy Gentle Boudrie is a leading expert in Mindfulness in the Workplace for over 15 years. Nancy trained with the founder of Mindful Based Stress Reduction, Dr. Jon. Kabat Zinn.

She has worked with companies such as TransAmerica, Merck, Iberdrola, Shire Pharm., Eldridge Industries, Mass Mutual, and many more.

As a former insurance company president, Nancy understands the pressures facing both employees and management.

She brings her knowledge and expertise in mindfulness to audiences in easy-to-understand terms.



Corporate Solutions: Evidence-Based Corporate Coaching, Mentoring, Meditation, and Mindfulness

Contact Nancy: Nancy@awakenwithlight.com or call 484-252-1150

CLIENT TESTIMONIALS

"When the COVID pandemic started back in March of 2020, my company Contemporary Staffing Solutions looked for some type of solution to help reduce stress for our employees, temporary associates and customers. Nancy was the perfect fit! We worked with Nancy on multiple meditation sessions through Zoom to help support and teach up to 100 attendees the benefits of meditation. Nancy was excellent to work with! I highly recommend working with Nancy if you're looking to learn more on meditation or self-development!" - Mike Pearson, President of Contemporary Staffing Solutions, Inc.

"Over the past two years, we've invited Nancy Boudrie to be a part of our annual Health & Wellness Fair. Her meditation program has consistently received high interest and praise from our employees. Our employees have really welcomed Nancy's positive approach and professional demeanor. I would highly recommend Nancy for any company's corporate wellness initiatives." - Diane Pyle, SPHR, Human Resources TransAmerica Life Insurance Company

What have you gotten out of the mindful leadership program I have been offering at your place of work?

"First and foremost, I have learned to become more focused in both my work and home life. I believe that overall I have become a more calm and patient person towards others and towards myself. Learning to listen and understand what my actual emotions and feelings are in difficult situations, versus how I think I should feel and react, has been an incredibly eye-opening experience. Most importantly, learning how to examine those thoughts, feelings and emotions from an objective point of view has truly given me a new outlook and is helping me become more open-minded and understanding." - Kathryn, Corporate Leadership Team



AWAKEN WITH LIGHT

Contact Nancy: Nancy@awakenwithlight.com or call 484-252-1150