

Help your Employees Thrive during Crisis

Why is this so important right now?

Prior to the Pandemic over 75% Americans said they have experienced some sort of panic attack. Stress levels have been on the rise for over a decade. Now this Crisis...

My Scientifically backed Mindful program is designed to assist employees with the following:

- Reduce stress levels in your employees brought about by the changes and uncertainties of the current economic and health conditions in America.
- Reduce medical cost and leave of absences caused mental and emotional health issues, such as worrisome thoughts, anxiety and fears.
- Improve attention and focus to be more productive.
- Improve the immune system for better overall health of your employees. Which equates to lower rates of absenteeism and workmen comp claims.
- Improve overall morale and promote resilience and adaptability to the ever changing work environment.

During a presentation with Nancy, employees will learn:

- How to apply a mindfulness practice in the workplace so that they can have better clarity, focus and sense of peace.
- The myths and misunderstandings of mindfulness and taking the mystery out of such a beneficial tool.
- How mindfulness works in the brain and the science behind it, so employees easily understand why it is so effective in coping with stress.
- Simple, quick & easy to use tools and techniques that can be used immediately while in a stressful situation.



AWAKEN WITH LIGHT
with Nancy Gentle Boudrie

About Nancy

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

She has worked in companies such as TransAmerica, Merck., Iberdrola, Shire Pharmaceuticals, Eldridge Industries 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 meditation to audiences in easy-to-understand terms.

For more about Nancy and her services, visit AwakenWithLight.com

Also, contact her at :
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