

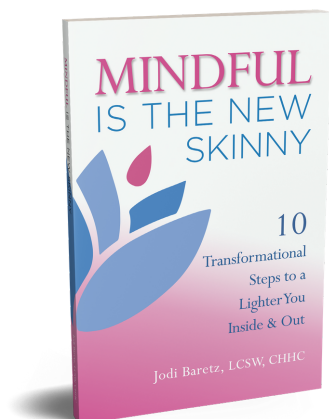


Psychotherapist, Health Coach and Author



BIO

Jodi is a psychotherapist at The Center for Health and Healing in NY. She is the author of the Amazon best selling book, "Mindful Is the New Skinny," and speaks to groups and organizations on how to live a more fulfilling life using mindfulness. Jodi is partnering with "Maximize Your Talent," an organization that teaches companies how to leverage emotional intelligence to increase productivity. She received her masters in social work from Columbia University and has trained extensively in mindfulness based stress reduction. She is a contributor to Thrive Global, Huffington Post, The Mindfulness App, Westchester Magazine and a sought after guest on many podcasts and radio shows.



CORPORATE WORKSHOPS

Serenity Now: Mindfulness in a Changing World

Our current lifestyles are already fast paced, hectic and chaotic, but politics, technology, 24 hour news cycles, and social media are pushing us over the edge. How can we possibly manage it all, especially in the workplace?

A calm, stable, focused workforce gets the job done more efficiently, creatively and precisely. Jodi offers an overview of mindfulness benefits, techniques and how one can apply it in their everyday life to become a more effective employee (and an all around happier person). The research is compelling. Mindfulness is increasingly used in corporate environments because it:

- improves focus and decreases absenteeism
- reduces stress and interpersonal tension
- enhances decision-making capability, creativity and emotional intelligence
- releases potential that has been diminished by stress and fatigue

People who learn to manage their minds and mental states perform better, which benefit their teams, colleagues, clients, customers and stakeholders.

This training is a valuable benefit for executive and management teams, non-profit boards, employees, constituents, fundraisers and conferences.

Single workshop or series available.

CONTACT

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PRIOR TALKS & WORKSHOPS

- Conductor/WeWork's C3 Global Marketing Conference
- Morgan Stanley
- Bank of NY Mellon
- Maximize Your Talent
- The Center for Health and Healing
- UJA Federation of NY
- New York State Society for Clinical Social Workers
- The Polo Club of Boca Raton
- Gilda's Club
- Chappaqua Continuing Education
- Chappaqua PTA
- Armonk PTA
- Scarsdale Adult School
- Temple Shaaray Tefila
- Beth El, Sons of Israel
- Chappaqua Library, and more.
- Jodi also leads a very popular Lake Meditation for Moms in Westchester County.

TESTIMONIALS

"Thank you for being our special guest yesterday. I received so many emails from the women who attended thanking me and telling me how much they loved the topic and your presentation. I did a two minute meditation this morning before heading to the gym. I need this in my life! You are so inspiring."

- **Jamie O'Connell, BNY Mellon**

"Thank you for such a delightful and insightful event. My staff and clients loved it!"

- **Cindy Walker, Morgan Stanley**

"Thank you again for such a great program and a special evening! I hope we can plan more programs together. I think you were our best speaker so far. They loved it."

- **Rabbi Bergman, Temple Shaaray Tefila**

"First, thank you so much for an amazing and mindful experience, you were an outstanding presenter. You had great advice and the audience seemed to hang onto your every word. I already used some of your suggestions and have already shared some of your advice with a friend of mine who is going through a difficult time. As I said in my voice mail.... YOU ARE A SUPER STAR!"

- **Shirley Green, UJA Federation of NY**

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