

CORPORATE MINDFULNESS

Are you ready to help your bottom line?



AWAKEN WITH LIGHT
with Nancy Gentle Boudrie

www.awakenwithlight.com



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I'm Nancy Gentle Boudrie.

For 35 years, I've helped Business Owners and Corporations peak perform and create exponential success. Whether setting up safety programs in the transportation industry or creating multi-million-dollar independent insurance agencies, one of which was my own, I have been assisting business professionals and organizations in creating seven-figure success. Most recently, for the last 15 plus years, I've found my true passion and purpose in coaching company leaders and employees to manage high levels of stress and navigate the unprecedented challenges facing today's organizations.



I uniquely blend my entrepreneurial business knowledge with my training in mindset skills such as Mindful Based Stress Reduction (MBSR) and University of Chicago Booth School of Business' Mindful Leadership Training. Nancy teaches business professionals to be creative, innovative, and resilient during challenges to create a life of design, not one of default. Furthermore, I assist organizations in increasing morale, profitability and reducing workman's comp claims and absenteeism by implementing programs that support employee engagement by improving mental and emotional mindset.

Why collaborate with me?

Stress costs American businesses \$300 billion a year, according to the American Psychological Association. Relaxed and focused employees are more productive, make fewer mistakes and handle challenges more competently than their frazzled colleagues. A daily mindfulness practice can help an individual improve his or her attention, focus and overall health.

I will design a custom mindfulness presentation to help your employees reduce stress and rise above daily challenges through relaxation techniques and breathing exercises.

Mindfulness and meditation are ancient practices with modern benefits. I tailor each corporate presentation to the needs of the organization.

My customized presentations are designed to meet your specific needs.

In-person or Zoom sessions can also be recorded so that employees can easily access the recordings anytime, anywhere – when they need on-demand assistance to get centered, focused, and ease stress.

01 Introduction to Mindfulness

Learn how to reduce stress levels brought about by the changes and uncertainties of the current economic and health conditions.

02 Concentration & Focus

Improve Concentration and focus as well foster creativity and innovation. Research has shown work environments like Google, and Apple have adapted.

03 How to improve Moral & Foster Mindful Leadership Skills

Mindful leaders provide a calmer and clearer sense of direction while also listening and being attentive to members of the team and the organization.

04 Motivational Speaking

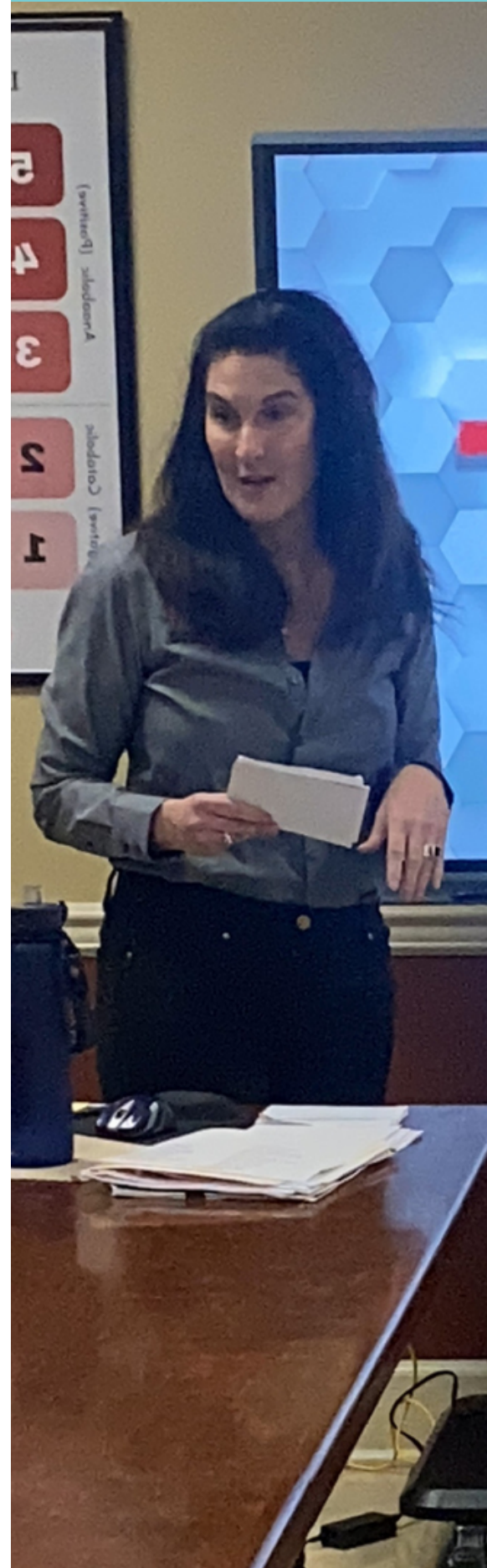
I motivate my audiences to discover self, step into their greatness to live an authentic life of inner peace balance and bliss.

05 Present-Centered Leadership

Learn how to focus on the present moment to make each day more productive.

06 Elevating Your Public Speaking Skills With Mindfulness

Incorporating mindfulness into public speaking can elevate you from an average speaker to a dynamic speaker.





During my presentations, attendees will:

1. Learn how mindfulness and meditation fit in with 21st century, corporate life
2. Understand how breath and visualization techniques help individuals relax and increase concentration
3. Practice the breathing and relaxation techniques of mindfulness
4. Experience a mini meditation

An Employee Mindfulness Program can:

1. Improve decision making by increasing an individual's ability to process information
2. Reduce workplace conflicts by increasing an individual's sense of empathy
3. Provide health benefits for employees such as reduced blood pressure and relief from insomnia, muscle aches and headaches

Client Testimonials



Jim Routh

MassMutual

Board Member, Advisor, & Investor, Former CSO, CISO

"Nancy provided my team with an excellent understanding of specific techniques to improve mindfulness and improve our ability to lead in uncertain times and deal effectively with the stress related to COVID-19. The sessions that she led were instructive and very useful in helping to prepare us as better leaders."



Mike Pearson

Contemporary Staffing Solutions, Inc.


Co-CEO and Owner

"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!"

GET STARTED TODAY



AWAKEN WITH LIGHT
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