

# Mind the Moment

## Mindfulness at work



**At Harvard Pilgrim, we guide our members to better health.**

While “better health” means something different to everyone, there’s no question how much a happier, healthier mindset and emotional resilience — byproducts of a mindfulness practice — contribute to overall well-being.



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

# Meet Mind the Moment

Since 2005, our Mind the Moment program has been at the leading edge of workplace mindfulness education. We've delivered trainings throughout the U.S. to companies of all sizes and across a wide range of industries. **Let our experts introduce mindfulness to your employees and guide them on their path to better health and well-being.**

## What is mindfulness?

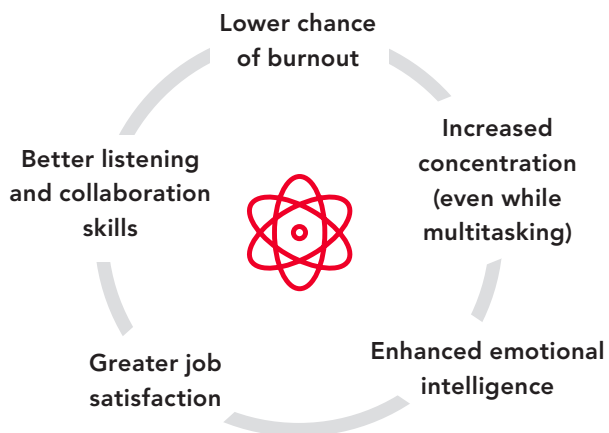
**Mindfulness is a practice that helps you tap into your brain's built-in capacity for awareness, focus and clarity. It's something anyone can do — anywhere and anytime.**

**And it can help your employees improve their well-being and become more resilient and productive.**



## Mindfulness at work

**Studies show that mindfulness training can help strengthen neural pathways in the brain that enhance creativity, health and performance.\*** Here's what it means in the workplace:



## Our approach

**Our Mind the Moment team will learn about your company, its culture and employees. We'll work with you to develop a plan that's best suited for your unique organization.**

- We recommend starting with our "Introduction to Mindfulness" workshop.
- More than a dozen other courses are also available.
- We can customize content for your organization's needs.
- Our workshops' length and frequency are flexible.
- Contact us for program details and pricing.

\*Darren Good, et al., "Contemplating Mindfulness at Work: An Integrative Review," Journal of Management, January 2016.

# Meet our team



## Tara Healey, Director

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Tara joined Harvard Pilgrim more than 20 years ago as a health educator and organizational development professional in our human resources department. That's where she brought an introductory mindfulness course to Harvard Pilgrim staff, long before mindfulness became as mainstream as it is today.

As Mind the Moment's program director, Tara is a coach, strategist, program designer and facilitator. She speaks at mindfulness events around the world and regularly contributes to publications. Tara has served on the board of the Insight Meditation Society and the International Mindfulness Teachers Association. She is also a WELL Mind Advisor for the International WELL Building Institute.



## Jonathan Roberts, Operations Manager

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Jon guides the development and implementation of mindfulness programming for clients. This includes aligning Mind the Moment trainings with an organization's identity and strategic vision. This helps employees get the most benefit from training and ensures the foundational elements of mindfulness remain solid. Jon has worked with hundreds of companies and offers expert guidance for how best to introduce mindfulness to a corporate setting.

### Our Mind the Moment program instructors have:

- 10+ years of dedicated personal practice
- Completed three or more extended silent meditation retreats
- Ongoing mindfulness professional development training
- Extensive group facilitation experience
- Corporate experience

## Give mindfulness a try!

[www.harvardpilgrim.org/livingwellathome](http://www.harvardpilgrim.org/livingwellathome)

Live online mindfulness sessions are available at no cost through our **Living Well at Home** virtual wellness classes. Experiment with short bursts of mindfulness instruction followed by mini meditations, led by our team of expert instructors. Check out past sessions anytime at [www.youtube.com/mindthemoment](http://www.youtube.com/mindthemoment).



**Meditation hotline:**  
**(877) 589-6736**

Mind the Moment's guided meditation line offers three-minute recorded sessions for a bite-sized serving of mindfulness at any time of day.

## Find us online



[www.youtube.com/mindthemoment](http://www.youtube.com/mindthemoment)



[www.facebook.com/mindthemoment](http://www.facebook.com/mindthemoment)



[@mind\\_the\\_moment](https://twitter.com/mind_the_moment)



[www.soundcloud.com/mindthemoment](http://www.soundcloud.com/mindthemoment)

# Contact us today to learn how we can help you bring mindfulness to your workplace.



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[www.harvardpilgrim.org/mindfulness](http://www.harvardpilgrim.org/mindfulness)

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## About Harvard Pilgrim

Harvard Pilgrim is a not-for-profit health services company that provides health benefit plans, programs and services to more than 1 million members who live and work in New England and beyond. Our mission is to improve the quality and value of health care for the people and communities we serve.



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