

Pause to be Present  
Corporate Wellness  
Programs  
2023



breathe.  
connect.  
be.

# Transform Your Workplace

Bring our Expert Instructors and Customized Wellness Platform to Your Employees,  
LIVE and ON-DEMAND,  
with the Click of a Button!

- Improve Corporate Culture & Connection
- Increase Performance & Productivity
- Reduce Stress & Burnout
- Work Smarter
- Boost Morale and Leadership
- Increase Communication
- Strengthen Resilience
- Improve Overall Health & Well-Being of Employees



# The Pause to be Present Difference

What sets us apart . . .

- Our Expert Instructors are former executives, attorneys, psychologists, and coaches who share easy and accesible practices to help your team thrive.
- Our Instructors are trained in the fields of Mindfulness, Meditation, Stress Reduction, Breathwork, Positive Psychology, Outdoor Nature Guidance, Clinical Psychology and more!
- Our Online Platform and Pause to be Present Meditation App offers your employees LIVE DAILY CLASSES and ON-DEMAND access to meditations and classes anytime, anywhere they need it.
- We offer Custom-Designed Programs, Workshops and Retreats, both in-person and virtually, to meet our clients' needs.



# Foundations of Mindfulness

## The perfect place to start your wellness program!

Our **Foundations of Mindfulness** series is a unique, five-part series that takes participants on a journey through the fundamentals of mindfulness practice.

In each session, we explore practices that are easy, accessible, and have been shown to

- Increase Focus & Productivity
- Improve Sleep
- Reduce Stress & Burnout
- Boost Overall Health

Your team will learn simple and effective, life-long, tools to boost performance, happiness and well-being.



# Wellness Series Topics



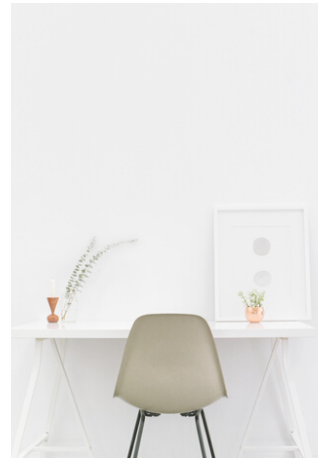
In addition to our mindfulness series, we offer these amazing workshops:

- Mindfulness & Meditation 101
- Breathwork Workshop
- Meditation for Sleep and Deep Relaxation
- The How of Happiness - Building Optimism & Positivity
- Vibrant Connections - How to Build Strong Relationships
- Building Inner Strength and Resilience
- Mindfulness for Stress Reduction & Anxiety
- Mindfulness for Optimal Performance
- Managing Work/Life Balance
- Mindfulness and Good Decision Making
- Mental Fitness: Latest Neuroscience to Boost Brains Health
- Mindfulness to Boost Creativity and Innovation
- Mindful Leadership
- Managing Difficult Conversations
- Digital Detoxing - Managing Digital Overload
- Finding Peace in an Uncertain World
- Intention Setting: Growth and Goals
- Mindful Communications
- Mindfulness and the Art of Happiness

# What our clients are saying . . .

"Thank you so much for leading an amazing mindfulness initiative for our firm. The sessions were excellent and so well received. You do such a good job of keeping them relevant, thoughtful and extremely productive. I never had to spend time thinking of what we needed to focus on or do. You know exactly what is best and I knew I was always in great hands. You are so easy to work with and I would recommend you to any firm without hesitation!"

- Andrew Sommers, Managing Partner, Ehrenkranz Partners



"Thank you Cheryl, Stephanie and Pause To Be Present for leading our company through a terrific Mindfulness session. I really enjoyed learning about mindfulness and being led through the meditation by Cheryl. I've received really positive feedback from my colleagues that participated and I know we all found it to be calming especially in such an unprecedented time. Although this was my first time joining a session, I can say that I'll definitely be back! Thank you Pause To Be Present!"

- Andrew Lazarus, Senior Vice President, Tudor Realty Services Corp, NYC

"The nature of our industry creates a pretty intense environment with tough deadlines even in the best of companies. Learning these techniques and practicing meditation is extremely helpful, in my opinion."

- Leslie King, Chief HUD Underwriter, MonticelloAM

## Our clients include:



# Want to give it a try?

Join our Head Instructor and Nationally Recognized leader in the field of Mindfulness, Cheryl Vigder Brause, for this 5-Minute Guided Meditation!



Releasing Stress & Anxiety  
5-Minute Guided Relaxation

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Click [HERE](#) and enjoy!

*If you can breathe,  
you can meditate!*

Optimize Health.  
Optimize Well-being.  
Optimize Performance.

**We would love to  
pause with you!**



For more information, contact us.

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