



Tara Healey is the director of Harvard Pilgrim Health Care's *Mind the Moment* mindfulness program.

Since 2005, Tara has been developing mindfulness workshops and courses that have been conducted at hundreds of organizations across the U.S., in a wide variety of industries. Additionally, Tara has spoken about mindfulness at numerous events domestic and abroad, and regularly contributes to mindfulness publications in print and on the web.

Tara became a student of mindfulness over 20 years ago, and sits silent retreats annually with the teachers at the Insight Meditation Society in Barre, Mass. She currently serves as President of the board of the Insight Meditation Society, as well as on the advisory board of the International Mindfulness Teachers Association, and as a WELL Mind Advisor for the International WELL Building Institute.



Paul R. Fulton, Ed.D., is a clinical psychologist and psychotherapist, and founding member and former president of the Institute for Meditation and Psychotherapy. He has been practicing mindfulness for over 46 years in the traditions of insight meditation and Zen. He holds a doctorate from Harvard University, where he is a Lecturer in the Department of Psychiatry, and a masters degree from the University of Chicago.

Paul is co-editor and co-author of *Mindfulness and Psychotherapy*, and has authored many articles and book chapters on mindfulness and Western psychology. He has lectured nationally and internationally. He was formerly the director of mental health for Tufts Health Plan, and is currently Course Director for the 9 month long Certificate Program in Mindfulness & Psychotherapy offered to mental health and other healthcare professionals by the Institute for Meditation and Psychotherapy. He is in private practice in Newton, MA.



Jeff Goding is a seasoned leader, executive educator, former CEO, and long-time meditator, with years of training and experience in systems thinking and evidence-based mindfulness techniques. He has completed numerous silent meditation retreats, and is a graduate of the MBSR program at the Center for Mindfulness at UMass Medical School.

Jeff combines his background in leadership and business transformation with his years of meditation experience to help organizations improve their overall health, satisfaction, and effectiveness. He has worked globally with executives at all levels leverage systems thinking, business process innovation, and collaborative leadership techniques to achieve lasting breakthroughs in enterprise performance, organizational culture, and employee engagement. He serves on the Board of Directors for the Cambridge Insight Meditation Center, the oldest and largest urban meditation center in the United States.



Mary Starr Green is a certified yoga instructor with over twenty years' practice experience, and a graduate of the MBSR teacher training program at the Center for Mindfulness at UMass Medical School. Mary earned a BS in Biomedical Engineering from Syracuse and an MS in Engineering Management from Tufts, and spent over ten years working in corporate research and development for a medical diagnostics company.

Since 2008, Mary has taught yoga and stress reduction tools to teens, adults and seniors in studio, workplace and community venues. She also assists in conducting restorative yoga and wellness programs at Kripalu Center for Yoga & Health. Her teaching is supported by a daily meditation practice, as well as ongoing training in a variety of mind-body and therapeutic techniques.



Christine O'Shaughnessy is the founder of Mindful Presence, which offers executive coaching and mindfulness training to corporations, groups, and individuals, helping people to thrive in emotional intelligence, leadership and creativity.

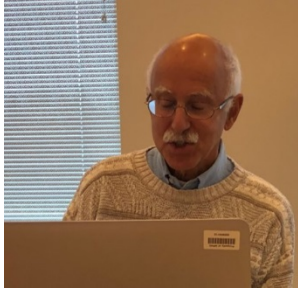
Christine has worked with a broad spectrum of clients, representing non-profits, investment and financial management firms, tech firms, healthcare companies, and educational institutions. Christine brings the depth and knowledge from her previous career as a senior corporate executive into her mindfulness trainings, guiding individuals to become more mindful leaders in the workplace.

Christine has completed intensive mindfulness training programs and attended silent meditation retreats at Insight Meditation Society, Cambridge Insight Meditation Center, and elsewhere. She has practiced insight meditation and yoga for 20 years, taught those modalities for 15 years, and is RYT200 certified. Christine designed Harvard Pilgrim Health Care's online instructional yoga videos, and is co-creator of the meditation app *Presence – Guided Meditation*.



Zeenat Potia has taught mindfulness at organizations and retreat centers in the Boston area since 2014. Her teaching stems from an aspiration to create a more inclusive and sustainable world for all who live in it. She brings to her work extensive silent retreat practice at the Insight Meditation Society; advanced trauma-sensitive mindfulness certification through David Treleavan; and additional training through Mindful Schools. In her mindfulness work with organizations, Zeenat brings to bear a business career of over 20 years, which focused on strategic communications in the higher education, non-profit, and publishing sectors. Zeenat served on the Board of Directors at the Cambridge

Insight Meditation Center from 2012-2019. She is an immigrant to the United States, and a working mother of two young daughters.



Greg Topakian, Ph.D., is a long time mindfulness practitioner and teacher. Professionally trained in mathematics, economics and actuarial science, he has taught high school math, economics as Assistant Professor at Boston University, and worked as a professional actuary, including as Actuarial Director at Harvard Pilgrim Health Care.

Over the past thirty-five years, Greg has balanced his professional life with a daily practice of yoga and mindfulness meditation. Currently, Greg teaches mindfulness to employees of local colleges, town governments, and corporations across the state. Participants in his workshops consistently praise the clarity of his teaching and the enthusiasm he brings to mindfulness.



Rebecca Wing is a Licensed Clinical Professional Counselor specializing in mindfulness-based work for individuals at all stages of life, families, large corporations, educators, and students. She co-founded the Mindfulness Retreat Center of Maine with her husband Terry Fralich, where she sees private clients and holds group sessions and retreats. Rebecca received MBSR teacher training at the Center for Mindfulness at UMass Medical School, and has also received training in interpersonal neurobiology. She has been a daily meditation and yoga practitioner for over 20 years.