**Mind the Moment Instructors**

**Tara Healey**

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

Since 2006, 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 has served on the boards of the Insight Meditation Society as well as the International Mindfulness Teachers Association, and as a WELL Mind Advisor for the International WELL Building Institute.

**Robert Bonazoli**

Robert is a clinical social worker, psychotherapist, university lecturer and MBSR teacher in private practice in Boston. He has over 20 years’ experience working with individuals, families, organizations and groups facing challenges, grappling with suffering, and aspiring toward greater understanding, fulfillment, effectiveness and connection in their lives, work and relationships.

Robert began his study and practice of mindfulness meditation in 1999 and completed training as an MBSR instructor at the Center for Mindfulness at UMass Medical School in 2008.
**Paul Fulton, Ed.D.**

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, and was most recently the director of mental health for Tufts Health.

Paul is co-editor and co-author of *Mindfulness and Psychotherapy* (Guilford Press), and has authored many articles and book chapters on mindfulness and Western psychology. He has lectured nationally and internationally. He 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.

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**Jeff Goding**

After many years serving as the CEO of a renowned management education and research firm, Jeff Goding left the company and immersed himself in the study and practice of secular mindfulness meditation. Since then, he has completed numerous silent retreats, and is a graduate of the MBSR program at the Center for Mindfulness at the UMass Medical School.

He now combines his expertise in leadership and business transformation with his research and years of meditation experience to help organizations and leaders at all levels harness the power of mindfulness to improve their overall health, satisfaction, and effectiveness.
Christine O'Shaughnessy

Christine O'Shaughnessy is the founder of Mindful Presence, offering mindfulness trainings to corporations, groups, and individuals, as well as the co-creator of the meditation app Present: Guided Meditation. She has practiced Insight Meditation for 20 years, teaching for 16. She is an RYT200 certified yoga instructor, and the co-creator of Harvard Pilgrim’s mindful movement program.

Christine brings the depth of knowledge from her career as a corporate executive into her mindfulness trainings, guiding individuals to become more effective leaders in the workplace. She has occupied senior positions at a search and consulting firm, a software company, and an investment management firm, and received her MBA from Babson College.

Greg Topakian, Ph.D.

Greg is a long-time educator and actuary, having taught economics at Boston University and serving as Actuarial Director at Harvard Pilgrim Health Care. Greg holds a doctorate in economics from the University of California, Berkeley; masters and bachelor degrees from Brown University; and professional actuarial credentials.

Over the past thirty years, Greg has balanced his professional life with a daily practice of yoga and mindfulness meditation. Greg now devotes his time to teaching mindfulness to employees of local colleges, town governments, and corporations across the state.