



COPPER BEECH INSTITUTE

Mindfulness Practice. Compassionate Action.

Transformative Leadership and Mindfulness in the Workplace



You're in good company.

See why over a hundred organizations — including Fortune 500 companies, healthcare systems, nonprofits, and schools across the country have partnered with us to bring mindfulness to the workplace.



“When it comes to our most critical goals, we can’t get there, until we learn how to BE HERE.”

WORKSHOPS & RETREATS

Learn, practice & connect on or off-site

ONLINE COURSES

Bite-sized lessons that fit your schedule

COACHING

One-on-one tailored to your learning style and goals

What is Transformative Leadership?

Transformative Leadership is a mindful way of being that inspires each member of the community to develop their fullest potential and lead with purpose.

Transformation is possible.
All it takes is one.



One morning a month



One conversation a week



One practice a day



REDUCES

Stress
Conflict
Isolation
Burnout



INCREASES

Focus
Trust
Collaboration
Resilience





Program Curriculum

Topics may be presented in a morning or a full day workshop.

1. BECOMING PRESENT

Mindfulness: from autopilot to aware

- What can science tell us about mindfulness?
 - *Research & Neuroplasticity*
- Why does awareness matter?
 - *Developing a growth mindset*

Practices: Watching your thoughts, awareness of physical sensations

Commitment: I commit to returning to the present moment

Outcomes: Improved focus, increased self-regulation, practices to experiment with

2. RETURNING TO PURPOSE

Applied presence for the workplace

- What is most important in this moment?
 - *Evidence-based approaches to practice*
- How do you go through your day?
 - *Awareness of stories & habits*

Practices: Body Scan, intention setting, remembering our shared purpose

Commitment: I commit to remembering what's important.

Outcomes: Improved adaptability, increased commitment

3. CHOOSING COURAGE

Resilience in the face of change

- What causes stress?
 - *Brain chemistry, beliefs*
- How can we eliminate toxic emotions?
 - *Emotional Intelligence (EQ)*

Practices: Pausing, mindful movement, reframing

Commitment: I commit to choosing before responding.

Outcomes: Reduced stress, greater emotional resilience

4. CULTIVATING CONNECTION

The chemistry of powerful teams

- What can you do to develop trust?
 - *Values, managing commitments*
- How do I communicate with honesty and empathy?
 - *Seeking to understand, courage & compassion*

Practices: Mindful listening, challenging conversations, alignment with values

Commitment: I commit to making time to connect.

Outcomes: Improved communication, increased collaboration

5. INSPIRING POTENTIAL

Bringing out the best in others

- What can I do to apply these practices to my leadership?
 - *Embodied integrity*
- How can I support the growth of others?
 - *Communicating worth and potential*

Practices: Cultivating curiosity, loving kindness

Commitment: I commit to finding the potential in each person.

Outcomes: Deepened presence, increased connection





Workplace Teachers

Miranda Chapman



Miranda Chapman is a compassionate soul with a heart for helping others find peace in their lives. Miranda was the Institute's founding program director, and has been teaching yoga, meditation, and transformative workshops and retreats for over a decade. She studied meditation, yoga and Ayurveda in India and Canada, and has taken her practice all over the world. She is also an avid community builder and social and environmental activist.

Joanna Curry-Sartori



Joanna Curry-Sartori is a licensed marriage and family therapist who has a private practice in Rocky Hill, Conn. She has studied and taught yoga and mindfulness for over 20 years, and presents and consults widely with schools and community organizations to integrate mindfulness in learning programs for children, parents, and educators. In all of these endeavors, Joanna is passionate about supporting people of all ages to access and share their innate resources of calm, compassion, courage and clarity to uplift our families, schools and communities.

Grace Edmunds



Grace Edmunds is a mindfulness teacher with over a decade of training in mindfulness practice. She has a passion for training teams and individuals to develop self-awareness, emotional intelligence, collaboration, and overall wellbeing. Grace has facilitated mindfulness programs for multinational companies and organizations whose focus range from tech and accounting/consulting to top-tier universities and non-profit boards. She is passionate about working with leaders to effectively improve their team and organization's collaboration, cohesion, and resilience. Much of this is accomplished by integrating the qualities of mindfulness and emotional intelligence into the company culture. Grace hopes to develop wise and compassionate leaders from the ground up who will change the fabric of their organizations, families, communities, and the greater world.

Dr. Sharon Gutterman



Dr. Sharon is an inspiring international speaker on mindfulness, stress reduction and well-being. Her integration of life experience and dedication to lifelong learning provides a unique blend of wisdom, sensitivity, humor and passion. Sharon's background includes teaching self-care to physicians at Yale, University of Connecticut, and Bay State medical centers and facilitates mindfulness workshops and retreats in the U.S., Israel, on cruise ships and in yoga studios, schools, hospitals, and correctional institutions. She trained in the intensive Mindfulness-Based Stress Reduction Program directed by Drs. Jon Kabat-Zinn and Saki Santorelli and completed the practicum at University of Massachusetts Medical Center Center for Mindfulness.

Sandrine Harris



Sandrine Harris is passionate about the connection between awareness, movement explorations, and the health of the mind. She is a movement educator and mindfulness facilitator with a deep interest in sharing practices to enrich our daily lives, as a part of self-care, well-being, and connection. Blending tools including restorative movement, awareness practices, breathwork, and guided meditation, Sandrine offers a dynamic, experiential learning process, accessible to people from all walks of life.

Brandon Nappi



Dr. Brandon Nappi is a spiritual teacher, speaker, and writer who passionately believes in the capacity of the human spirit to awaken. Inspired by the common wisdom of the world's spiritual traditions, he has dedicated his life's work to sharing the transformative power of mindfulness practice. He founded Copper Beech Institute in 2014 and is the institute's executive director. Brandon is a graduate of the University of Notre Dame and has completed a Master of Divinity degree from Yale University. He holds a Doctor of Ministry degree from Aquinas Institute of Theology and has received extensive mindfulness training from the University of Massachusetts Medical School's Center for Mindfulness founded by Jon Kabat-Zinn.

Amanda Votto



Amanda Votto PA-C is a mindfulness teacher trained at the University of Massachusetts Medical Center for Mindfulness. She has extensive experience with mindfulness, including teaching the 8-week Mindfulness-Based Stress Reduction (MBSR) series, leading a variety of retreats & workshops, offering private mindfulness coaching and keynote speaking events on mindfulness. Amanda is a practicing physician assistant in cardiology at Hartford Hospital in Connecticut. She believes in a holistic approach to healthcare and that we all possess the power to heal ourselves from the inside out. Amanda has seen both personally and professionally the unlimited benefits of mindfulness on the mind, body and spirit. Her personal intention is to teach and live from her heart and guide others to do the same.





Getting Started

What to expect?



- Experience multiple ways to practice training your mind and body
- Learn about the concepts, research and neuroscience and the countless benefits to individuals and teams
- Connect with each other, reflect and refine what works for you

All it takes is one.



One Morning a month

- Start with class 1 – BECOMING PRESENT
- Develop an understanding of the concepts and practices
- Choose action steps and practice partners



One Conversation a week

- Meet with your practice partner
- Practice mindful listening and reflect on your experience
- Set an intention or goal for the week



One Practice a day

- Choose several practices to try
- Experiment with different approaches
- Commit to at least one time each day

Start today.



To learn more or to schedule a session, please email
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