



# Jeff WARREN

**MEDITATION TEACHER | AUTHOR | SPEAKER**

Most workplace talks about mental health stay abstract, or aspirational, or vaguely inspirational.

*We don't do that.*

What he brings is practical, experience-based work with attention and nervous systems, grounded in meditation, informed by psychology, and shaped by years of working with people under real pressure. Journalists on deadline. Caregivers on empty. Tech teams in Slack spirals making too many decisions before lunch.

**TRUSTED BY HUMANS AT:**



## FORMATS:

### Keynotes

A single high-impact session that reframes how your audience thinks about attention, stress, and the mind. Works for large groups and mixed rooms, including people who are skeptical this is for them.

### Team Sessions

Smaller, more interactive. Jeff works with what's actually happening in the room — the pressure, the dynamic, the specific kind of tired. Practice is introduced and felt, not just explained.

### Leadership Conversations

A focused session for leaders on what it takes to stay grounded while carrying a lot. Practical, honest, and designed for people who don't have time for vague inspiration.

### Offsites & Retreats

Extended time to go deeper — into practice, into the team, into what it means to do good work sustainably. Jeff adapts the shape of the session to the needs of the room.

#### Also Available:

- Lunch-and-Learns
- Hybrid / Virtual Gatherings

*“Jeff Warren is one of the best meditation teachers on the planet.”*

**-Dan Harris, author of 10% Happier**

### What he brings:

No incense. No forced vulnerability. No pretending work isn't hard. Just clear, human tools that help people think better, relate better, and take care of themselves while doing demanding work.

### Where it works best:

- A clearer sense of what's happening internally
- Simple ways to interrupt reactivity
- Ways to find more capacity under pressure
- Permission to slow down without checking out
- A shared language for attention and care
- More room, more choice
- Practices people can actually remember
- Inspiration to practice together

### Booking & Logistics

Jeff works with organizations of many sizes, from small teams to large institutions, and keeps the scope practical and tailored. If it's a fit, great. If not, also great. Start with a simple conversation about your context, what's actually happening on the ground, and whether this work would be useful.

[jeffwarren.com/corporate](http://jeffwarren.com/corporate)

