



**be.still**  
Discovering Stillness Within

## ABOUT BE.STILL

be.still helps employees do their inner work to generate the kind of organizational transformation and impact where everyone flourishes.

We provide customized mindfulness programs including meditation, breathing techniques, webinars, and yoga sessions focused on mental health and wellness.



## ACCOUNTANTS NEED A BRAIN BREAK

- Nearly a third of accountants (30.4%) suffer from mental health issues
- 51% of accountants admit depression and anxiety leaves them dreading going to work
- More than two in five (43.5%) accountants believed their job was a key contributor to their poor mental health

*Source: ICAEW*

Through live and pre-recorded virtual sessions, participants are empowered to build a personal practice that can be accessed any time, anywhere.

## WHO WE WORK WITH

Steve Madden, VaynerMedia, Ralph Lauren, Vatica Health, Cahill, Blue Fin Group, Citrin Cooperman, Pie Insurance, and more.

**GET IN TOUCH:**  
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