



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.



LAWYERS NEED A BRAIN BREAK

- Lawyers are 3.6 times as likely to be depressed as people in other jobs (ABA Journal)
- 26% of all lawyers who seek counseling reported feelings of depression and anxiety (Dave Nee Foundation)
- Lawyers rank 5th in incidence of suicide by occupation (Dave Nee Foundation)

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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