



Martin Boroson

TRAINING | KEYNOTES

It's hard to overestimate how helpful this technique could be.

Psychologies Magazine

Martin Boroson is the innovative creator of One-Moment Meditation®, a powerful new form of meditation training - enabling you to get many of its benefits *immediately*. He guides you through a series of short, practical exercises that enable you to relieve stress, make better decisions, embrace change, and liberate momentum ... with just *one moment of focused attention*.

Boroson holds an MBA from the Yale School of Management — mix that with a background in Zen, psychology and add a quick-witted sense of humor... If he's got a prescription for learning how to chill, I'm listening.

Kristin Hampshire, Co-Author

The Cleveland Clinic's Guide to Sleep Disorders

Studies demonstrate that meditation lowers blood pressure, reduces stress, strengthens the immune system, improves focus, boosts productivity and improves your ability to take action. *Find out how this moment can be your tipping point ...*



“Martin’s proposition – that it only takes a moment to find a sense of peace and re-focus the mind – is at once obvious and revolutionary.”

Donna Ladkin, Ph.D, Professor in Leadership and Ethics, Cranfield University School of Management



For National Stress Awareness Month, Martin created the series “Transform Stress in 30 Days with One-Moment Meditation®” for Oprah.com.



Online training in One-Moment Meditation was featured in the Wall Street Journal (2011).



Martin’s short, animated video “How to meditate in a moment” has been seen by over 500,000 people.

Evaluations from physicians who attended Martin’s seminar on One-Moment Meditation® at KAISER PERMANENTE*

94% said they would recommend this training to their patients.

95% said they would recommend this program to their colleagues.

97% agreed or strongly agreed that this program helped them learn a practical and useful technique to reduce personal stress.

100% agreed or strongly agreed that as a result of this program, they had a better understanding of how brief periods of meditation could be of benefit to themselves.

* Oakland, California, 2011

Leadership in the Moment

What if you could become an “in the moment” leader ... right now?

You may already know that *each* moment is a momentous opportunity—a powerful tipping point. And yet so many leaders—constrained by bad habits, fear of change, or outdated ideas—miss the enormous potential right in front of their eyes. In this keynote, Martin teaches you his revolutionary discovery about time and a powerful tool that instantly releases you from old habits, removes your blinders, and empowers you to be an “in the moment” leader. Isn’t it time to accelerate your success and find the unstoppable potential of this moment, right now?

Instant Stress Relief

Stress is contagious ... But you can stop it now.

Americans report that 74% of their unhealthy stress derives from work—leading to burnout, health challenges, and significant mistakes that cause even more stress. But what if you could stop this cycle quickly? What if you could stop the stress escalation, inoculate your team from other people’s stress, and transform any stressful situation into an opportunity? Martin’s message is that getting on top of stress is *as easy as a simple change of mind*—it is truly within your power and it only takes a moment. Let Martin show you the “one moment” way to peace of mind, productivity, happiness, and success ... right now.

Visionary Leadership in a Time of Uncertainty

How to find solutions when you're low on options.

Are you managing people who are stalled in “anxiety overload” or exhausted from constant change? Are you working double-time to seem confident—when really, you don’t know how to cope with an impending crisis? Are you taking excessive risks, jumping to conclusions, disregarding ethics, or making decisions without sufficient information? In this keynote, Martin lifts you out of the “fight or flight” response. He shows you how to stay calm in a crisis and comfortable in the chaos, and how to use a period of uncertainty to become a resilient leader—someone who is wise, patient, and ready for anything.

One-Moment Meditation for Busy Professionals

Leverage the power of this moment to become more focused and effective.

We all know that meditation can lower blood pressure, reduce stress, boost the immune system, and improve focus, productivity, and decision-making. In fact, meditation—used wisely—may be the single best thing you can do for health, success and happiness. In this interactive session, Martin gives you core training in One-Moment Meditation—his playful and powerful technique that even you can do—no matter how busy you are. You will learn that having a calmer and more focused mind is finally available to you—for it only takes a moment. Allow Martin show you how just *one moment of focused attention* can be the best investment you will ever make.

ADDITIONAL TITLES:

- Free Yourself From “Crazy Busy”: How to Get Out of the Busy Trap
- The Momentum Mind: How to Liberate the Energy of Change

Martin Boroson delivers a powerful experience in a remarkably short period of time. His workshop shows the busy professional how even brief efforts at increasing mindfulness can be a tremendous tool.

Edward J. Callahan, Ph.D., Associate Dean, Professor of Family and Community Medicine, UC Davis School of Medicine



ONE MOMENT CAN CHANGE EVERYTHING

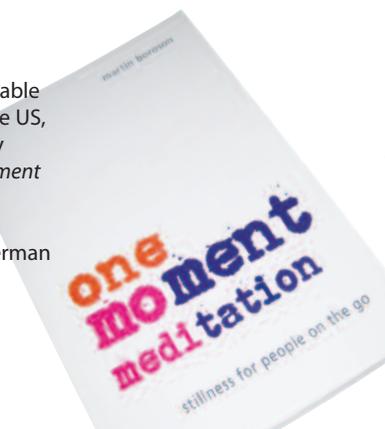
Martin Boroson gave the opening keynote at the Association of Business Psychologists' annual conference in 2009. He inspired us to live from our power and potential – setting the scene perfectly for the whole conference.

Jo Hennessy, PhD, Program Committee
Association of Business Psychologists

I can't recommend Martin Boroson highly enough. He avoids the "new-agey" jargon that is so irritating and off-putting with so many who talk about meditation techniques – he was down to earth, and even had a sense of humor. His presentation was unique in our series – fascinating, enjoyable, and inspiring.

JS Rafaeli, Lectures Director
Miller's Academy, London

One-Moment Meditation is available from all major booksellers in the US, and was published in the UK by Random House as *The One-Moment Master*. It is also available in Japanese, Chinese, Norwegian, Dutch, Swedish, Portuguese, German and Spanish.



MARTIN BOROSON is emerging as a powerful advocate for the benefits of a "one-moment mind" for workplace wellness, focus fitness, productivity, and leadership development.

Combining his study of philosophy at Yale, an MBA from the Yale School of Management, formal practice of Zen, and work as a psychotherapist, Martin has developed a dynamic "one moment" meditation training that gives you accelerated results. He has coached Fortune 500 executives and delivered training and consulting to Kaiser Permanente, AT&T, Kraft, and Google.

Martin also develops playful environmental campaigns that help your people embed their learning *in positive behavior change*. His "Stop the Stresscalation" campaign was featured on WABC-TV and WCBS-TV and in *The Huffington Post*. For the Federation of Organic Milk Groups, he created the stress-busting Take-a-Moo-ment™ promotion on the BBC. And in Ireland, he created the "National Moment of Stillness," getting thousands of people to stop work for thirty seconds of total silence—live on national radio. Said the show's host afterward, "The whole nation was enthralled."

Do you want an unforgettable keynote? Contact Martin now to give your delegates that life-changing moment — the tipping point — they want.

www.onemomentmeditation.com

contact@martinboroson.info +1 347 627 0455

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