

ZEN SPORTS:

BUILDING CONFIDENCE, REDUCING STRESS, FINDING DEEPER MEANING

Professional athletes have dominated the headlines off the field as allegations of domestic violence, gun-related incidents, sexual offenses and even murder have been picked up by the media. While there are endless organizations that support the game, there is only one nonprofit organization that assists the personal growth and well-being of professional athletes—Zen Sports.

Zen Sports is an initiative begun by author, spiritual coach and philanthropist Barbara Schmidt to help professional athletes reduce stress and gain deeper meaning in their lives. Based on her three-step signature system known as The Practice, Zen Sports will help athletes:

- ▶ Recognize that everyday life is also spiritual life.
- ▶ Manage stress and cultivate more empathy, patience and compassion.
- ▶ Have more courage when facing fears and making changes.
- ▶ Overcome habitual behaviors and make better choices.
- ▶ Reduce negative thinking and ease anxiety, worry and stress.

Schmidt in conjunction with her Peaceful Mind, Peaceful Life Foundation is dedicated to helping professional athletes achieve a better life. Based on her book, **THE PRACTICE: *Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness***, Schmidt will share what she learned from the world's leading spiritual masters, including the Dalai Lama, Dr. Andrew Weil, Thich Nhat Hanh, Deepak Chopra, Jetsunma Tenzin Palmo and Marianne Williamson to help athletes achieve a more balanced, centered and happier life.

[Client] is such a captivating speaker that her passion and charisma have garnered her the devotion of fans, who travel across the globe to be part of her inspiring movement for global peace through inner peace. [Client] is founder of [organization] a community outreach program through Florida Atlantic University (FAU) designed to promote dialogue in the greater community on the topic of inner peace by incorporating workshops and weekly teachings with [Client] and many of her esteemed mentors, including His Holiness the Dalai Lama, Dr. Jane Goodall, Dr. Andrew Weil, and many others. [Client] is also the founder of [organization], a non-profit organization through which she teaches [program] a three-part guide to practical spirituality in the modern world and her tool for spreading her belief that “outer peace begins with inner peace.” [Organization] has rapidly expanded to include an online community via Facebook (with posts reaching over 10 million people), through their daily inspirational emails and weekly blogs. In 2014, [Client's] extensive achievements in fostering positive change were recognized with an invitation to the White House State Dinner.