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Lisa R. Schmidt is the founder and lead consultant of Mindful Benefits™, a firm that specializes in consulting, plan design and training in mindfulness-based stress management. Schmidt is a psychotherapist with a practice based in Scottsdale, Arizona and works with individuals, couples and families to help them navigate common stress-related conditions and disorders. In addition to her clinical work, Schmidt designs programs and practices for companies to improve individual and organizational effectiveness. Affiliations include instructor and researcher at the Arizona State University School of Social Work, where she trains future leaders in multiculturally appropriate, science-based interventions in stress management and healthful behaviors. Schmidt is the author of two books: *Mindfulness: Sustainable Living and Mindful Eating* (2015, Kendall Hunt Press) and *Twelve Weeks to Mindfulness: A Workplace Stress Management Program* (2016, Lisa Schmidt Counseling LLC). Schmidt is a former human resources executive and is a Certified Employee Benefit Specialist® (CEBS®).