



Aimee Bernstein, author *Stress Less Achieve More:*

Simple Ways to Turn Pressure into a Positive Force in Your Life

Aimee Bernstein, President of **Open Mind Adventures**, is a change accelerator specializing in leadership, organization and personal development and a trail blazer in the area of stress reduction. Her book *Stress Less Achive More* guides busy leaders and their teams how to use pressure-- the energy of change-- to develop self-mastery and high performance. The book's methodology is based on a blend of psychology, best organization development practices, aikido and meditation. For over thirty years coaching Fortune 500 executives, scientists, entrepreneurs, artists and other professionals, she has seen that as people learn to let go of their resistance to pressure their perceptions expand, creativity and engagement is enhanced, conflicts are reduced, and they experience an enriched and empowered quality of life.

Aimee has applied this approach to high-pressured business environments in order to develop collaboration and organizational unity. She assisted executives of a bank in developing an empowering culture based on trust, authenticity and caring. Her work with trauma surgeons and ER doctors in building a collaborative working relationship helped them save their trauma center. She facilitated the development of a vision and productive ways of working between management and unions of a county's emergency service division that produced a 90% reduction in grievances and the easiest negotiations they had experienced in years. From 2007 to 2013 Ms. Bernstein consulted and coached the Senior V.P. of R& D of a world-class cosmetics company assisting him in developing an emotionally intelligent, collaborative senior level team and rolling out the collaborative approach throughout their department. This led to a *significant* increase in innovation, an increase in employee engagement in which everyone including

administrators became idea generators, the breaking down of silos between the R&D and operations departments, and a culture based on shared ownership for change. Over the years Aimee's clients have included The Ritz Carlton Hotel Company, Microsoft Latin America, Intel, NASA, The Port of Singapore Authority, Dolce & Gabbana, and The University of Texas at Austin. Currently, Aimee is the co-founder and leader of The Mastery Institute for the Public Benefit in Palm Beach , Florida.

Aimee received her graduate degree in counseling psychology from Boston University and interned at Massachusetts General Hospital under the auspices of Harvard Medical School. During this time she trained under Dr. Matt Dumont, then Commissioner of Mental Health for the State of Massachusetts. She is a California licensed psychotherapist with over thirty-five years of experience and a student of aikido and meditation since 1978.

Aimee is a skilled facilitator and an internationally acclaimed speaker. She passionately articulates her message through stories and illustrates through her body the key elements of her work. As a former professional singer (who performed with Lionel Hampton and was part of a front act group for such notables as Crosby, Stills & Nash, and spiritual guru, Ram Dass,) Ms. Bernstein is very comfortable speaking in front of thousands of people. Aimee easily develops rapport with her audience and keeps them captivated. She is the co-creator of *Partners in Change*, a large group real-time change process for enrolling hundreds or thousands of associates at one time in an organization's strategic change initiative. Aimee has successfully applied this approach in such organizations as the Port of Singapore Authority, Miami-based Aerothrust corporation, a leading Tennessee manufacturing company, and a California state-wide domestic peace organization.

Aimee is listed in Who's Who in American Women. She has been interviewed on San Francisco's KCBS Radio and South Florida's Innerviews radio show. Aimee has been featured in *The San Francisco Examiner*, *South Florida Sun Sentinel*, *Miami Herald*, *Marin Independent Journal* and *Oakland Tribune*. Aimee's articles have been published in such periodicals as the *Women's Business Journal*, *Perspectives—the periodical of the World Business Academy*, *Holistic Health Magazine* and in What Is True Wealth and How Do We Create It, an anthology of essays inspired by a conversation with the Dali Lama.

www.Stresslessachievemore.com

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