

KGA Presenter Biographies

Trish Hart

Mini-Meditation Sessions

Trish Hart offers workshops on mindfulness, self-care, stress management, yoga, breathwork and sleep hygiene to corporations, municipalities and universities. Her work is informed by data from scientific studies supporting the positive effects of mind/body techniques on the brain, central nervous and immune systems. She teaches students to find the power of the "Relaxation Response" within themselves.

Trish has been trained as a facilitator in the Stress Management and Resiliency Program (SMART) with Massachusetts General Hospital's Benson Henry Institute, and the Mindfulness for Professionals Program with Duke Integrative Medicine. She is also an Ananda Meditation and Divine Sleep Yoga Nidra® teacher. Trish holds both a BS and MBA in Healthcare Administration from Boston University. She has practiced yoga and meditation for over 20 years.

Iris Sokol

15-Minute Stretch Breaks

Iris was the president and founder of Fitness Works at Work, Inc. (FWAW), a company that provided customized health promotion programs and fitness center management for premier companies throughout the New England area. FWAW specialized in providing customized, unique health promotion programs that helped change employees' lives. In February of 2011, Iris sold Fitness Works at Work to Plus One Health Management, a national company.

Iris then went on to create Ergowell, LLC., a consulting company that provides wellness program development and ergonomic services to corporations locally and nationally. Iris is also on the executive team with InsideTracker, a science-based Cambridge company providing personalized nutrition through blood analytics.