

Naz Beheshti - Pause. Breathe. Choose.

Become the CEO of Your Well Being

In this Episode:

- How working for Steve Jobs in her early career, had her adopt his healthy lifestyles – which translated into her daily practices of living a healthy life
- How the stress and toll of her career beyond Apple, helped her see the need for wellness programs in corporations
- Her life changing experiences she had from six weeks in India and how that guided her
- Healthy employees equals healthy company
- The interconnectedness of all areas of your life – relationships, purpose driven life, physical activity, sleep, and a fulfilling career – leads to a healthy life
- Mindfulness being the key component to a healthier and more productive lifestyle
- The power of consistency in our non-negotiable daily routines
- What productivity trap is and how to avoid it

Naz Beheshti is the author of *Pause. Breathe. Choose.: Become the CEO of Your Well Being*. She is an executive wellness coach, speaker, Forbes contributor, and CEO and founder of Prananaz, a company that provides corporate wellness solutions for improving employee engagement and well-being, company culture, and business outcomes. Clients include Nike, JPMorgan Chase, Omega Institute, UCSF, Columbia University, and Stanford University. Naz also cofounded Rise2Shine, a nonprofit helping to alleviate the suffering of young children in Haiti.

Quotes from this Episode:

“Resiliency and agility are essential because these helps not just business leaders, but also everyone, to be able to adapt better and learn from our current experience (global pandemic) and not get attached to outcomes that are out of one’s control.” — Naz Beheshti

“Business leaders and people who are resilient and agile have a competitive advantage and are better equipped to adapt to all the volatility, uncertainty, and complexity of the world.” — Naz Beheshti

“Meditation and my movement, as well as my meditation practice, are the three non-negotiable things, which I practice daily, that are life changing when you’re doing them consistently.” — Naz Beheshti

“Consistency is key.” — Naz Beheshti

“Five minutes of just working out is so much better than not moving your body at all.” — Naz Beheshti

“Self-care is non-negotiable, but it doesn’t mean that you have to nail it every single day.” — Naz Beheshti

“We can avoid the productivity trap by being mindful of the quality of our work, instead of the number of hours, and being aware of managing our energy rather than our time.” — Naz Beheshti

“Focus more on energy management instead of time management because it’s not about time management. We all have the same number of hours in a day, but everybody has different energy levels. Hence, we have to be more productive with awareness, because without it, we’re creating wellness gap and we’re masking the early signs of burnout.” — Naz Beheshti

3 Pearls of Wisdom:

“Meditate daily.”

“Move daily.”

“Make meaningful impact doing what you love, whatever that is.”

Resources:

Naz Beheshti: Pause. Breathe. Choose.: Become the CEO of Your Well Being

Website: <https://nazbeheshti.com/>

Corporate Wellness Site: <https://prananaz.com/>

LinkedIn: <https://www.linkedin.com/in/nazbeheshti/>

Instagram: <https://www.instagram.com/nazbeheshti/>

Twitter: <https://twitter.com/Prananaz>

Facebook: <https://www.facebook.com/naz.beheshti>

Book: [Pause. Breathe. Choose.: Become the CEO of Your Well Being](#)

Link to the show: <https://www.kamiguilddner.com/ewr-naz-beheshti-195/>

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