



Riker Danzig Focused on Mindfulness at 2019 Women in Leadership Event

Many guests at Riker Danzig's Women in Leadership reception on June 26, 2019 socialized on the patio at the Morris County Golf Club with Riker Danzig attorneys and summer associates after a fascinating presentation on Mindfulness by Tracy Fink of The Tortoise Institute.

Riker Danzig welcomed [Tracy Fink](#), CEO and Founder of [The Tortoise Institute](#), as the featured speaker at its annual Women in Leadership Reception on June 26, 2019. Tracy spoke on "Mindfulness: Bridging Together Leadership and Well-Being," incorporating breathing and mindful listening exercises. She both challenged and inspired us to take time to put into practice exercises that will allow us to be more present, and therefore more effective and more fulfilled.

Tracy is the past Director of the Executive Women's Forum at CohnReznick, and is a mentor for the Rider University Women's Leadership Council. She regularly leads leadership development workshops, focusing on science-based programs around effective leadership, mindfulness and emotional intelligence. The event was held at the Morris County Golf Club in Morristown for about 100 Riker Danzig attorneys, clients and friends.

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