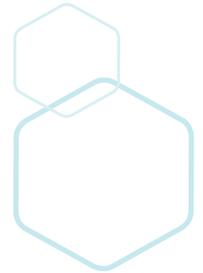




**NWI**  
**Podcast**

**EPISODE #44**

**JANET FOUTS**



## **Janet Fouts discusses her new book, “A Mindful Guide to Caring for Yourself While Caring for Others”**

**J**anet Fouts is a mindfulness and emotional intelligence coach, best-selling author, speaker, corporate trainer, and CEO of Tatu Digital Media, a silicon valley social media management agency. She began her caregiving journey 12 years ago, when her partner was diagnosed with Cancer. She found new ways to deal with her stress and anxiety through mindfulness and is sharing that through her coaching and her new book.

### **A mindful approach to work and life**

Janet trained with the Search Inside Yourself Leadership Institute to teach mindfulness and emotional intelligence in the workplace. She's also studied at UCLA's Mindful Awareness Research Center in their Mindful Awareness Practices program, and at Stanford's Center for Compassion and Altruism Research and Education (CCARE). She coaches industry leaders on mindfulness at work and leadership.

*continued...*



Author of six books on social media and an Amazon bestseller Janet travels around the world to speak at conferences and to private companies. Her insights are often surprising and illuminating. Attendees describe her as “cogent and to the point” and “clear and knowledgeable.” They say “Janet provides just the right amount of authoritative and credible presence while being very warm, funny and approachable at the same time.”

## Founder and CEO

In addition to writing, speaking, consulting, Janet is the Founder and CEO of Tatu Digital Media. For over twenty years, her firm has conducted digital marketing strategy work, account and brand reputation management, content optimization, and more. Janet served as a board member of San Francisco Women on the Web, and the San Francisco and Silicon Valley Social Media Club.

Janet is listed as the Top [50 Marketing Influencers over 50](#) by Brand Quarterly Magazine, the [Top 150 Influential Philanthropists and Social Entrepreneurs](#) by Rise Global, and Top 100 Giving Influencers on Twitter by Give Local America.

## Links:

[NEW! Understanding Emotional Triggers tool](#)

[Janet's Website](#)

[Mindful Social Blog and Podcast](#)

[Janet's Books](#)

[Tatu Digital Media](#)

[Janet on Facebook](#)

[Janet on Twitter](#)

[Janet on LinkedIn](#)

[Janet on Google+](#)

[Janet on Youtube](#)