

Mindfulness Without Borders (MWB) brings best practices in secular mindfulness and social-emotional learning to youth and the professionals that surround them. Through professional training workshops and youth-centered activities, our programs place high priority on developing an intelligence of the heart – to bolster positive emotional development, critical thinking, resilience, and well-being.

Program Highlights

For Adolescents: The Mindfulness Ambassador Council offers a platform for youth to engage in constructive dialogue on the strategies they need to enhance their success and satisfaction in school and life. Our research-based curriculum offers 12 lessons that help youth develop self and social awareness, set goals, resist negative peer pressure, pay better attention, manage stress and regard themselves as vital contributors to personal and social change.

For Adults: Our professional development workshops and trainings explore the core concepts of social-emotional learning (SEL) and everyday mindfulness practices as they relate to self-awareness, self-management, social awareness, attention, and stress management. Participants examine closely the processes by which they think, feel and act as well as start or deepen a daily mindfulness practice.

For Community: Our online learning programs offer individuals from around the globe the opportunity to master the skills needed to reduce stress, increase productivity and excel both personally and professionally. In **Level One, Mindful 365**, we offer five sessions on the foundations and core practices of mindfulness and social-emotional learning. In **Level Two, Mindful Educator**, we offer curriculum certification in six online sessions. *Graduates of Level One & Two* will be equipped with the key resources and lesson materials to apply our evidence-based Mindfulness Ambassador Council program to their respective constituencies as *Certified Facilitators*.

To learn more about our programs, please contact: info@mwithoutborders.org

www.mindfulnesswithoutborders.org

MINDFULNESS WITHOUT BORDERS

What People Are Saying

“The Mindfulness Without Borders curriculum and resource team offers educators of every level a unique opportunity to raise students who are well-educated spiritually, intellectually, and with core skills to function in our ever-changing society.”

— *Jon Kabat-Zinn Professor of Medicine Emeritus and founding director, Mindfulness-based Stress Reduction in Medicine, HealthCare and Society, University of Massachusetts Medical School*

“So often in the last few months I have wondered how I can go on in this profession which I love, but which I experience as emotionally exhausting. The Mindfulness Ambassador Council and Teacher Training program made me want to continue teaching.”

— *Lena Virgilio, Teacher, Senator O'Connor Secondary School, Toronto*

“Mindfulness Without Borders is an exceptional and wise initiative in bringing the heart/mind into the education of young people and those who support them, through mindfulness training and council process. This is a much needed project that will contribute to the positive social change that our world so needs today.”

— *Joan Halifax, PhD, author, civil rights activist and founder of Ojai Foundation*

“MAC has become an essential part of my curriculum. It is well structured and well facilitated to provide my students and I meaningful opportunities for contemplation and growth. It is extraordinary to hear students share how the techniques and insights learned through MAC influence their actions, choices and character development.”

— *Jessica Skieresz, Peer Resource teacher, Marin County*

“Participating in the Mindfulness Ambassador Council was an eye-opening experience that helped me discover more about myself and others.”

— *Mindfulness Ambassador, Student Participant, Canada*

“I close my eyes, feel my feet firmly connect with the floor beneath me, and take a breath. The Mindfulness Without Borders breathing practice lasts no more than three minutes....the reality that welcomes me when I open my eyes seems to be a world away from that which preceded it. I'm a more rational, motivated person. I'm ready to do what I have to do, and all because I practice TUZA.”

— *Mindfulness Ambassador, Student Participant, USA*

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