

Jenson Lionel Gilbert Baker

Born and raised in Portsmouth, Virginia, Jenson Lionel Gilbert Baker became an advocate for Mindfulness and was first certified in 2009 under the training of Megan Cohen (Room to Breathe). He believes that before learning can occur, you must learn how to be in the present moment physically, mentally, and emotionally and to pay attention. Everyone should take a practice in calming themselves to reduce stressful moments.

Learning to have compassion for others is important. Coach Baker, as he is affectionately called, attended the Portsmouth Public School System. He takes pride in knowing that he finished the 1st-12th grade with Perfect Attendance, not missing one day out of school.

He graduated from Hampton University on a football scholarship and received his master's degree from Wayne State University in Detroit, Michigan in Health, and Physical Education. He also has a master's degree in psychology from Northcentral University and is a Certified Mindfulness Instructor.

He is the owner of CJAB Family Services, where he has a Mental Health Center that services Intensive In-home, Therapeutic Day Treatment and Mental Health Skill-building clients. Coach Baker is also the owner of Mind Power Enterprise II Incorporated, which is dedicated to moving the mindfulness experience throughout the community.

He is a retired teacher from Portsmouth City Schools (33 years) and Detroit, Michigan (10 years). He believes in teaching students how to control their anger and develop compassion. This is the key to stopping the violence and getting our society to become more loving and caring.

His mindfulness experience began with the tutelage of Maury Cooke, Charisse Minerva, and Joe Kleine. This led him to meet Dr. Jon Kabat- Zinn (Founder of Mindfulness- Based Stress Reduction), Laurie Grossman (co-founder of Mindfulschools.com and administrator with Inner Explorer and author of the book, Master of Mindfulness) and George Mumford (Mindfulness Coach for the Championship Lakers and Bulls).

Coach Baker is married to Katherine, and they have two terrific boys, Christopher and Christian and his daughter that he raised named Candace. His favorite scripture is, "The horse is prepared against the day of battle: but victory is of the LORD", Proverbs 21:31.