

ABOUT US

Mindfulness Without Borders is committed to implementing innovative approaches in education that lead to systemic and individual change. Since 2007, our evidence-based educational programs teach youth, educators, professionals and parents essential skills and strategies to increase attention, regulate emotions, build resilience, and be more compassionate to others in a high-stress world.

In person or online, our curriculum integrates best practices in mindfulness and social-emotional learning (SEL) helping individuals develop as caring, ethical and engaged global citizens capable of catalyzing positive societal change. Using contemporary learning theory and cutting-edge scientific understanding, we draw on such renowned experts as psychologist Daniel Goleman, who specializes in emotional intelligence; award-winning neuroscientist Richard Davidson; cognitive psychologist Zindel Segal; and author Peter Block, speaker and consultant in organization development, community building and civic engagement.



think.



feel.



act.



be.

“The Mindfulness Without Borders curriculum is wonderful, not only its content, but also the audacious vision behind it. May MWB continue to touch and heal people, communities and countries near and far.”

– **Jon Kabat-Zinn**

**Professor of Medicine Emeritus and
founding director, Mindfulness-based
Stress Reduction, University of
Massachusetts**



Youth Education

Today, a well-rounded education must involve more than academics; it must also involve learning experiences and skills related to social-emotional literacy, leadership development, and well-being. To advance these soft skills, we created the Mindfulness Ambassador Council (MAC) Program for adolescents.

Professional Development

Our professional development trainings for educators, health and corporate professionals build human potential. By addressing social and emotional competencies and secular mindfulness practices, we significantly train attention, build resilience and enhance productivity in the workplace.

Online Learning

Our online learning series addresses mounting interest in mindfulness by people around the world. These programs focus on teaching foundational principals and best practices in secular mindfulness and social and emotional competencies which equip individuals with the soft skills they need to navigate through life's challenges and thrive in their personal and professional environments.