

MINDFULNESS WITHOUT BORDERS

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 equip youth, educators, health professionals and individuals in the workplace with the essential skills and strategies to increase attention, regulate emotions, manage stress and develop compassion to themselves, others and the environment.

In person or online, our educational programs and workshops integrate best practices in secular 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.

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

youth education

Today, a well-rounded education must involve more than academics; it must also involve learning experiences and skills related to social-emotional competence, leadership development, and well-being. To strengthen these soft skills, we created the Mindfulness Ambassador Program for middle and secondary school youth.

professional development

Our educational programs and workshops are tailored for educators, health and corporate professionals help build human potential. By focusing on social and emotional intelligence and secular mindfulness in the workplace, our programs address the necessary skills to train attention, build healthy relationships and enhance productivity in the workplace.

online learning

Our online learning programs address the mounting interest in secular mindfulness and its application in daily life. These offerings focus on teaching foundational principles and best practices in secular mindfulness and social and emotional intelligence which equip individuals with the soft skills they need to navigate through life's challenges and thrive.

mindfulnesswithoutborders.org