

Mindfulness Leader is dedicated to creating a positive change in the lives of our youth through teaching them the art of Mindfulness.

As a first-of-its-kind educational program serving high school and college students, this project-based curriculum teaches young leaders 23 core principles, providing them with invaluable life skills.

With over 8,274 students' lives transformed since 2017 and counting, the Mindfulness Leader program has been formally recognized by the **White House** and the **Mayor's Office of Chicago**.



GIVE YOUR STUDENTS AND TEACHERS WHAT THEY NEED NOW!

SOCIAL-EMOTIONAL LEARNING MINDFULNESS CURRICULUM

A 23-step toolkit is full of evidence-based principles and practices that build responsible members of the community and helps students transition to adulthood.

CONTACT US

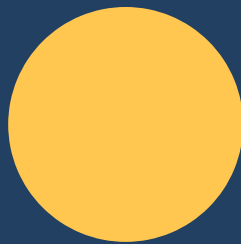
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SCAN ME



An established 501(c)(3) nonprofit organization since 2016



1 & 3 YEAR CURRICULUM LICENSES AVAILABLE

WHATS INCLUDED:

Downloadable PDFs of the:

- Mindfulness Leader Teacher's Manual
- Student Manual
- Mindfulness Exercises Manual
- The 23 Mindfulness Principles presentation slides
- Personalized support is provided by an Account Specialist specifically assigned to your school
- Monthly Webinars hosted by a Mindfulness Leader certified teacher and LIVE interactive teacher training monthly
- Student Surveys

In the Mindfulness Leader curriculum, STUDENTS are the project. Our teaching exercises are focused on improving various skills and aspects of a student's life, ultimately producing emotionally intelligent Mindfulness Leaders.

Our Mission is to enhance, train, and align young minds to aid the development of Emotional Intelligence. The ML curriculum proceeds with 23 principles that are divided into the following three keys:

KEY ONE: INNER AWARENESS

Mindfulness, Meditation, Emotional Intelligence, Intuition, Gratitude & Thankfulness, Consciousness, Perspective, and The Power of the Mind

KEY TWO: PHYSICAL AWARENESS

Creating Healthy Rituals, Physical Movement, Grounding, Energy, and Vibrations

KEY THREE: BEING INTENTIONAL

Leadership, Empathy & Compassion, Self-Esteem, Creativity, Owning Your Actions, Visualization, Service, Leading from Within, Rewarding Yourself, Forgiveness, and Literacy

