



## Facilitator Certification Training Graduate Testimonials

"This course has given me not only the tools and confidence to facilitate mindfulness sessions in the workplace--it has also provided me with a better understanding of the impact mindfulness can have on our culture, society, education, corporate world, and mental health. Attending the Mindful Leadership Summit in D.C. provided a meaningful opportunity to synthesize and expand upon my learning while deepening connections with others in the community. Many thanks to Wendy and Mo, who make a great team."

- Bonnie Marks, Psy.D., Senior Psychologist, NYU Langone Health, Rusk Rehabilitation

"This training quickly and effectively trains those with a passion for mindfulness to facilitate with confidence. Wendy is an amazing instructor and has so many tools, insights and valuable lessons to equip students with."

- Caitlin Escobar, Category Manager, Boeing

"Wendy was exceptional in the manner in which she held each of us with our own insecurities of understanding and implementing the mindfulness facilitation process while allowing us to develop at our own pace. This program increased my personal awareness through mindfulness practice. The scope of varied resources and experiences enhanced my mindfulness skills at work and in my day to day life. The content, expectations and collaborative sharing also extended my understanding and encouraged taking that step towards action by facilitating mindfulness at my place of work in a professional manner. Thank you to Wendy & Mo."

- Catherine Rosenberger, Grades 7 to 12 Principal, Certified Mindfulness Facilitator Ontario, Canada

"I highly recommend Mindful Leader's Mindfulness Facilitator Certification Program. The content is comprehensive and well-curated. The toolkit provides everything that is necessary to create and implement a mindfulness program at work. Wendy Quan and Mo Edjali are both warm, personable and extremely knowledgeable. This training is timely and necessary."

- Cindy R. Scott, Educator, Baltimore County Public Schools

"This course took me from having an idea about wanting to start meditation sessions in the workplace to having a solid foundation and plan of action on how to make that a reality. Practicing leading meditations in a safe environment gave me the opportunity to develop skill and grow from feedback from other participants."

- Jim Diggins, District Manager, Sorenson Communications

"I am honored to be part of the inaugural Mindful Leader Facilitator cohort. The course was carefully constructed and run to enhance participant engagement and interaction. Wendy and Mo fostered a sense of community and connection through the online materials, webinars, and pod meetings. This course was critical to my professional development and personal growth."

- Rachel Razza, Associate Professor, Department of Human Development and Family Science, Syracuse University

"The Workplace Mindfulness Facilitator Training was the perfect compliment to my current journey as a leader of the mindfulness programming in my workplace. It helped me to fine tune my practices, think about logistics of implementation and consider ways to evaluate moving forward. I'd highly recommend this program to anyone looking to integrate mindfulness into a workplace setting."

- Julie Frischkorn, MSW, LCSW

"As an experienced meditator and facilitator, this course was exactly what I was looking for---and it delivered. Good value for the cost--- providing operational pearls of facilitating a mindfulness program, strategizing and building business plans for stakeholders, and tip on how to grow and offer an effective, and safe mindfulness program. The one-on-one coaching was insightful and helped me to present my ideas to my corporate managers. Great Course! Thank you Wendy and Mindful Leader."

- MJ Gilmer, Family Nurse Practitioner, Clinical Director, Marathon-Health

"I believe Mindfulness is one of the most important tools for success today. Workplaces will increasingly turn to this to foster leadership, better focus and productivity and general well-being. This course is a must for anyone looking to establish a Mindfulness Program at work."

- Betsy Leahy, Transformational Leadership Coach

"This online Mindfulness Certification programme is so well designed, we could imagine it's a face-to-face course. We combined remarkably well, individual work and working with our peers, two important components to becoming a successful Facilitator."

- Daniel Charleton-Guitteaud, CEO, Gefira Leadership

"This is a great class and group of professionals. If you want to bring mindfulness to your organization, this is the class to take."

- Katie Swartz, CEO, Be Meditation

"This course has provided sound, appropriate framework for beginning or developing a workplace mindfulness program. The resources are so beneficial as it provides information on how to begin, important elements to practice sessions, do's and don't's, and exposure to others experiences, to provide a broader view of how this can look in business. And for me, a bit of a ""keep on going!"" - which we all need sometimes in this work!!"

- Rachel Wixey, President, Rachel Wixey & Associates

"This program was very accessible and the steps were easy to follow and clear. Wendy is wonderful. It was everything I thought a program of this nature should be!"

- Rob Balaam, Owner, Balaam Coaching

"I chose to certify with Mindful Leader because of their integrity and enthusiasm in the field of mindfulness and the workplace. As a result, I can only say the experience was much more than I expected with incredible instruction from Wendy Quan, solid and relatable cases, excellent interviews that added to my toolkit and building a case for mindfulness in organizations. The strategy of organizing POD meetings to integrate what we learned, practice, and receive feedback was powerful AND fun! (all my POD members are staying in touch). I found the pace worked with enough space for practice and enough momentum forward. The resources are excellent. I found the platform and customer service fluid. Both Wendy and Mo were incredibly generous with their time, knowledge, experience and attention. A truly world class certification. Thank you!"

- Ellie Ballentine, Transformational Coach & Facilitator, [www.ellieballentine.com](http://www.ellieballentine.com)