



mindfulnessfirst.org

Mindfulness First is a 501c3 organization committed to teaching children and adults practical skills for lifelong mental health wellbeing. You will find us in schools, communities, and businesses across Arizona and the United States. We are funded by the Department of Education to help provide mental health education in schools. We have supported the mental health of employees at places such as General Motors and the Bureau of Land Management. When we work with businesses, any profits we make support our work in local schools. Find out more on our website or reach out with questions!

At Mindfulness First, our mission is to empower individuals of all ages with the practical skills and knowledge needed for lifelong mental health and wellbeing. We believe that mental wellbeing education is the missing piece in traditional education systems. By prioritizing the development of self-understanding and mindfulness, we aim to create a foundation for each one of us to successfully navigate life's challenges and build compassionate, resilient communities.

We offer a range of evidence-based and trauma-responsive programs to address mental health at various levels. Our programs are designed to be equitable and accessible to children, educators, and communities. Through mindful awareness and social-emotional learning, we provide tools and strategies to manage stress, regulate emotions, and enhance overall well-being. From our introductory courses to advanced training and mentorship programs, we cater to individuals seeking personal and professional development. Whether you are a teacher, parent, or community member, our services empower you to make a positive difference in your own life and the lives of others.

How Did Your Business Get Started and How Has It Grown?

When co-founder Sunny Wight experienced severe stress-induced illnesses in 2009, she utilized mindfulness, the “users manual” for the body to both recover and transform her life.

"When I became sick, there were times when I couldn't get out of bed; standing and walking were difficult. In those moments I thought I might be dying. I could have allowed my sickness to progress further but in the silence of my sick-bed, I managed to listen to my heart." - As seen in Huffington Post

She didn't understand why these fundamental life-skills and critical components of child development were absent from school curriculums. Four years later, in partnership with her friend Kimberly Narde, she established Mindfulness First to bring mindful awareness and social-emotional learning to as many schools as possible.

This year, we are celebrating our 10 year anniversary and in the past 12 months alone, we have not only impacted more people than ever before, but we have also joined forces with the Arizona ACE's Consortium where we partner with the Department of Health and the Department of Education, as well as other non-profits, school districts, and medical professionals to make a bigger impact in the creation of trauma-informed, mentally healthy school systems. As part of the Consortium, we are proud to sit on both the AZ Resilience Coordinating Council and the Mental Health and Trauma Team for the AZ Health Improvement Plan.

What Is the Best Part About Working at Mindfulness First?

Our work culture is unique because we model mindfulness with our policies and structure, which makes for a great place to work.

What Is the Biggest Benefit You Have Received from Your Membership in The Scottsdale Chamber?

We love to collaborate and feel connected with our community. In the short time we've been members of the Chamber, we've experienced meaningful connections and conversations around the topic of mental health wellbeing; we feel very excited about how the Chamber can help us meet our mission and create a positive impact in people's lives.

What Do You Want Readers to Know About Mindfulness First?

We work to provide mental health wellbeing life-skills to people of any age, and we work hard to be accessible to all. We want all people to know they can reach out to learn more about how we might be able to serve them.

What Does an Ideal Customer Look Like?

We primarily serve school-age children in K-12 settings, adults as individuals interested in a personal mindfulness practice, educators motivated to bring mindfulness into their classrooms, and businesses searching for a more meaningful way to improve their company culture.

1. Online Courses for Individuals and Teachers:
 - Intro to Mindfulness: Open to anyone starting a personal mindfulness practice.
 - Teaching Mindfulness 1 & 2: Curriculum for K-12 educators to create a safe & regulated classroom environment.
2. Courses For Classrooms & School Districts:
 - Our instructors provide in-class modeling for teachers to learn the skills & tools they can use in their classrooms from day one. We offer sustainability consulting to ensure the longevity of a school or business's mindfulness program.
3. Workshops For Businesses:
 - Prioritizing the mental health wellbeing of your workforce increases productivity, decreases sick days, improves turnover rates, lowers burnout, and increases communication. No matter your industry, size, or budget, we create customized in-person or virtual training solutions for you.

What Are Your Future Plans for Mindfulness First?

In the next 12 months we will be preparing to make our existing services accessible, adapted, and representative, something we spoke about last year. This lengthy project is slated to start late in 2024 and will begin with a special focus on ensuring accessibility for the deaf/blind community.

What Is Your Business's Tagline?

"Lifelong mental health skills for all."

Anything Else You Would Like to Add?

There are many ways to get involved and support Mindfulness First in our mission. As a staff member, volunteer, teacher, board member, supporter, or partner, your contribution is essential to our success. You can actively participate in our programs, promote our cause within your network, or donate to help us expand our reach. Also, we're hosting a 10-year anniversary celebration on Friday, October 6th and invite you to join us!



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