Mitra

Mitra Manesh is a senior mindfulness educator at UCLA's Mindful Awareness Research Center, known for her storytelling and innovative teachings. For almost 4 decades she has been helping people of all ages and many different cultures to live, love, and lead more consciously.

Mitra is also the creator of Mindful Attentionist Coaching (MAC) programs—self-coaching & professional coaching—an inside-out deep dive into a life of choice and wellbeing. She is the host of "Lights On", a podcast offering practical education for a mindful life at home and at work, as well as a senior coach to many well-known and unknown happy people.

Her work is a blend of Western professional training and Eastern inner-based practices. The result is a unique approach offering knowledge & wisdom in a practical and empowering way. Her personal and corporate clients range from individuals seeking peace at home and work, to celebrities seeking balance, to institutions and other entities.

Beyond mindfulness and corporate work, Mitra has been a Human Right Commissioner in Ontario, Canada, a commentator/panelist for CBC and Omni TV, and an executive for numerous non-profit and for-profit entities.

DOWNLOAD THE FULL BIO

Mitra Manesh has an amazing gift for helping people get clear about what's holding them back, and how best to move forward. I recommend her highly.

— Sean Rad

Founder, Tinder

SOME OF MITRA'S CLIENTS

amazon
UCLA
MERRILL
A BANK OF AMERICA COMPANY
BOSS
HUGO BOSS
Thomas Cook
SENATE OF CANADA
ChristianDior
Labatt
KPMG
Unilever
INSOMNIAC
edc
LAS VEGAS
2022
HARVEST
KAPLANKAYA
CAPITAL
GROUP®
UnitedHealthcare®
GEN
Wallis
Annenberg
GenSpace
MAC
CAA
CreativeArtistsAgency
AMERICAN
ASSOCIATION FOR
JUSTICE®
The Association for Trial Lawyers
CALIFORNIA
LAWYERS
ASSOCIATION

I met Mitra at a mindfulness meditation class and I immediately knew she was special. Her approach is no nonsense and practical – it brings calm yet somehow propels you forward at the same time. There is no one like her.

— Steve Levitan

Producer, Writer of Modern Family

MITRA'S SERVICES

• **Keynote Speaking:**
Mitra is a powerful and engaging speaker with a gift for connecting to audiences large and small. She knows how to make mindfulness fresh, accessible, relevant and fun for people of all backgrounds and levels of experience.

• **Grooming Global Self & Professional Coaches:**
Mitra is the creator of the Mindful Attentionist Coaching (M.A.C.) program, an inside-out 6-month blueprint for deep work that focuses on self-coaching before it equips the participants with a professional coaching toolkit.

• **UCLA Collaborative & other workshops:**
Mitra offers online classes and workshops in collaboration with UCLA Semel Institute for Neuroscience & Human Behavior, Mindful Awareness Research Center for a practical and playful journey to the world of mindfulness. Events are open to all.

• **Mindfulness-Based Coaching:**
Mitra provides online Mindfulness-Based Personal Coaching. She helps you clarify the deeper and bigger picture of your life, from "where you are now" to "where you would like to be". She guides you through an inner shift and outer process to help you bridge the gap and achieve lasting and meaningful results.

• **Executive Coaching:**
Mitra's "Attentionist" Executive Coaching is distinct from other types of coaching. It guides you through knowing yourself better, realizing your wider options, and making mindful choices that add to the health, wealth, and wisdom of you and your organization.

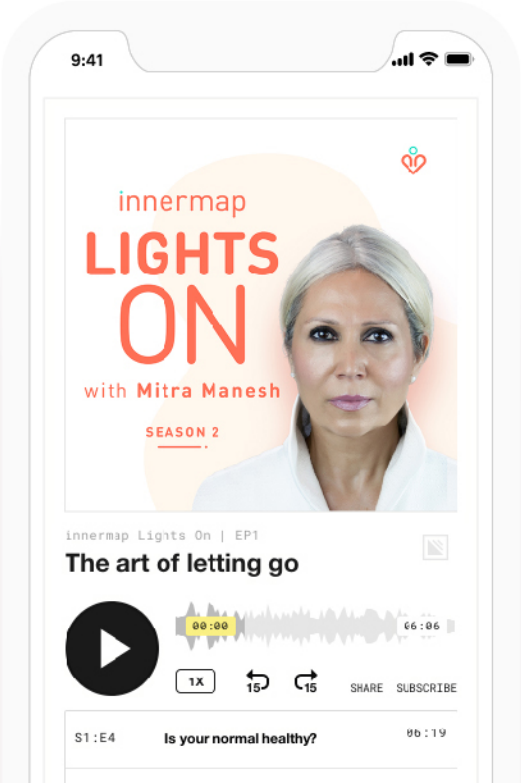
> For the past five years, Mitra Manesh mindfulness work and teachings have guided me in ways no one else has been able to. She has a unique ability to strip down a problem to its core and come up with a practical & tangible approach to handling it. No matter the issue, the subject, or the magnitude, Mitra makes any resolution feel attainable. There is also no one better at teaching the importance of self-love, and the basis of how to practice that. She truly is magic – I trust she could guide anyone on any type of problem, hurdle, or concern, in a way few others could.
>
> **— Jessica Graboff**
> *Creative Artist Agency (CAA)*

PARTIAL TOPICS

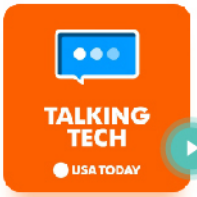
- The Power of Choice
- Mindful Living in the Era of AI
- The Universal Rules of Happiness
- Self-Care Vs. Narcissism
- Change Your Questions, Change Your Life
- Are You Addicted to Thinking?
- Saying Yes to No
- Is Your "Normal" Healthy?
- What the Heck is Mindful Aging?
- How to Have a Mindfulness Makeover
- Who's the CEO of "You Inc."?
- Get Your "Overs" Under Control—Over-Eating, Over-Thinking, Over-Doing
- Why Your Learning Disability is Your Main Ability
- Mindfulness & Death

> Mitra makes hard conversations easy. In our time together, she truly listens and reflects my experience but also pushes me to the next level. Her approach has helped move our organization forward through transition and helped me be a more mindful leader.
>
> **— Betsy Hoover**
> *Partner - Higher Ground Labs*

PODCAST

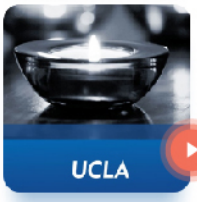


FEATURED IN



Mindfulness + Tech
with Mitra Manesh

Here's how organizations can
become mindful — just like people



UCLA Hammer Museum:
"Attitude In Life"

How to Integrate Storytelling
into Mindfulness with
Mitra Manesh

The Business Online: Mental
Health and Resiliency During
The COVID-19 Pandemic

Meditation Magazine Interview
with Mitra Manesh

Mitra Manesh - The Truth
About Listening

I refer to Mitra as my "magician". I marvel at her assessments of me exactly as I would if I was watching a perfectly executed card trick. Except there are no tricks here. Mitra is a skilled technician who specializes in precision when guiding her clients toward that "aha" moment of clarity. My time with Mitra has completely transformed my life. I am forever grateful to Mitra and full-heartedly recommend her magical services to anyone looking to live a life more fulfilled.

— Shanit Frydman

Criminal Defense Attorney and former Prosecutor for City of Los Angeles

The Farrynheight Podcast: WTF IS MINDFULNESS

Everyday Practices For A More Mindful Life

Sipping Tea with Your Past, Present and Future Selves with Mitra Manesh

Maverick Conversations: Resilience of a Phoenix

Mitra Manesh Part 1: Navigating Anxiety in the Time of Covid

Mindfulness in Dating (with Mitra Manesh)

The process of self-creation | Mitra Manesh | LUAN Podcast | Creative process

DOWNLOAD PRESS PHOTOS

Mitra has truly transformed my life. Through Mitra's teachings, I have learned invaluable lessons and tactical skills on how to live more mindfully, and lead more effectively. In the past 4 years, she has provided me with the tools to create clarity, focus and take action with a full heart. Mitra has been an incredible force in my life, and one of my greatest teachers.

— Farryn Weiner

Founder @ Farrynheight, Former VP, Marketing & Brand Strategy Sweet Green, Senior Director, Global Creative & Digital at Michael Kors