

# MEENA SRINIVASAN

SPEAKER KIT

*Last Updated: Nov 2023*



**"MEENA IS A PRECIOUS AMBASSADOR OF MINDFULNESS."  
- THICH NHAT HANH, NOBEL PEACE PRIZE NOMINEE**

♡ Meena



# SPEAKING

Meena is a sought after speaker in the fields of Mindfulness, Emotional Intelligence, Wellbeing and Belonging. She's shared the stage with luminaries Brene Brown, Dan Goleman and many more.

Meena incorporates inspirational story, research based content, contemplative practices, and interactive experiences into her engagements. She's spoken at several high profile conferences and events and speaks on a variety of topics in the fields of Mindfulness, Leadership, Emotional Intelligence, Wellness and holds an equity lens throughout. She's led workshops and retreats in intimate small group settings with leaders across industries and has done keynotes with audiences over 3,000. She also offers an evidence-based series of 3-6 sessions for leaders in all sectors focused on Leading with Emotional Intelligence.

WATCH A SHORT VIDEO  
ABOUT MEENA



**KAREN VAN AUSDAL** | VICE PRESIDENT OF PRACTICE, COLLABORATIVE FOR ACADEMIC, SOCIAL AND EMOTIONAL LEARNING (CASEL)

*"Meena Srinivasan is someone who truly embodies the principles and practices of Social and Emotional Learning (SEL). Her presentations are at once powerfully personal and grounded in research and applied practice. Meena is able to create inspiration and support practical application of SEL and mindfulness for practitioners in a variety of spaces. Time with her is always a gift."*



**TRICIA BROUK** | EXECUTIVE PRODUCER, TEDX LINCOLN SQUARE

*"Meena is an exceptional speaker who knows how to deliver content in a way that is personal while also enlightening us to new concepts. She would be an incredible addition to your event or conference."*



WHEN YOU PARTNER WITH MEENA YOU ARE WORKING WITH A  
NATIONALLY CERTIFIED MINORITY OWNED BUSINESS ENTERPRISE.

♥ Meena



# ABOUT MEENA SRINIVASAN

Meena Srinivasan is a **contemplative leader, celebrated speaker, accomplished author and visionary edupreneur**. She is an educator-activist at heart, consistently championing the fusion of Mindfulness, Social and Emotional Learning (SEL), and Belonging. In 2022, she was featured as one of **Mindful Magazine's "Ten Powerful Women of the Mindfulness Movement,"** while also gaining recognition in Educational Leadership Magazine for her insights into Mindful Leadership and Wellbeing.

As a prominent voice in the field, she is the creative force behind the SEL Every Day online courses, author of *Teach, Breathe, Learn: Mindfulness In and Out of the Classroom*, *SEL Every Day: Integrating SEL with Instruction in Secondary Classrooms* which was chosen as one of 2019's Favorite Books for Educators by the Greater Good Science Center at UC Berkeley and *Integrating SEL into Every Classroom Quick Reference Guide*.

**Learn more at [meenasrinivasan.com](https://meenasrinivasan.com)**



Meena is the **Founding Executive Director of Transformative Educational Leadership (TEL)**, a social venture project of the Tides Center. TEL is an immersive yearlong fellowship for educational leaders committed to the power of inner transformation, collective impact, and becoming seeds of radical change in their communities.

Meena is also the **CEO of Karuna Consulting, LLC**, an organization that takes its name from the Sanskrit word 'Karuna,' signifying compassion. Karuna Consulting is a **nationally certified Minority Business Enterprise (MBE)** driven by a profound mission: to foster a more compassionate world through Meena's keynotes, professional learning, coaching, and consulting services.

**VIEW MEENA'S OFFICIAL BIO AND PRESS PHOTOS**



Meena with Selena Gomez

Meena is the Executive Director of TEL, a grantee of Selena's Rare Impact Fund.

♡ Meena



# TOPICS

Meena can customize an in person or virtual talk or training of any length (45 min, 1- 3 hours, full day, multi-day) based on your organization's needs. Below are some of her popular offerings. She also facilitates strategic planning, retreats, and community conversations.

**Leading With Emotional Intelligence:** Discover the impact of emotional intelligence on effective leadership and decision-making.

**Understanding and Embracing Resistance:** Explore the psychology of resistance and how to navigate it effectively in various contexts.

**Unlocking the Secret Powers of Tenderness:** Explore the transformative potential of tenderness in relationships and personal growth.

**Self-Care Strategies:** Learn practical techniques for self-care to promote physical, mental, and emotional well-being.

**Applying Science to Achieve Happiness:** Explore the scientific principles and practices that can lead to a happier and more fulfilling life.

**Mindfulness Based Emotional Intelligence:** Discover how mindfulness techniques can enhance emotional intelligence, fostering self-awareness and better interpersonal relationships.

**Cultivating Resilience:** Learn strategies to develop resilience, enabling you to bounce back from adversity and thrive in challenging situations.

**Creating a Culture of Belonging:** Explore how to foster an inclusive and welcoming environment where everyone feels valued and connected.

**Leading with Compassion and Empathy:** Understand the importance of self-care in leadership, emphasizing compassion and empathy for oneself and others.

**Mindfulness, Neurodiversity, and Belonging:** Learn how mindfulness practices can promote inclusivity and support neurodiverse individuals in finding their place in society.

**Overcoming Burnout:** Discover strategies to combat burnout and regain a sense of balance and purpose in life.

**Trauma Informed Care:** Learn about trauma-informed approaches to caregiving and support, emphasizing sensitivity and understanding for trauma survivors.

**The Downside of Hope:** Explore the nuanced aspects of hope, its potential pitfalls, and how to harness it effectively.



FOR SPEAKING FEES OR TO BOOK CONTACT: [MEENA@MEENASRINIVASAN.COM](mailto:MEENA@MEENASRINIVASAN.COM)

♥ Meena





# FOR PARENTS, EDUCATORS AND MENTAL HEALTH PROFESSIONALS

**Mindful Parenting:** Explore how mindfulness can enhance parenting skills and strengthen the parent-child bond. Receive a model and concrete strategies for Mindful Parenting.

**Cultivating Understanding & Belonging to Positively Impact Youth Mental Health:** Discover ways to support youth mental health through understanding and fostering a sense of belonging.

**Whole Child. Whole Community:** Explore the holistic approach to education that considers the well-being of both students and the broader community.

**Embodied Teaching and Learning:** Understand the role of embodiment in education and how it can enhance learning and teaching experiences.

**Learning Is Social and Emotional:** Explore the importance of social and emotional skills in the learning process and how they contribute to academic success.

**Integrating Social and Emotional Learning with Instruction:** Discover how to incorporate social and emotional learning into educational curricula and teaching practices to support students' holistic development.



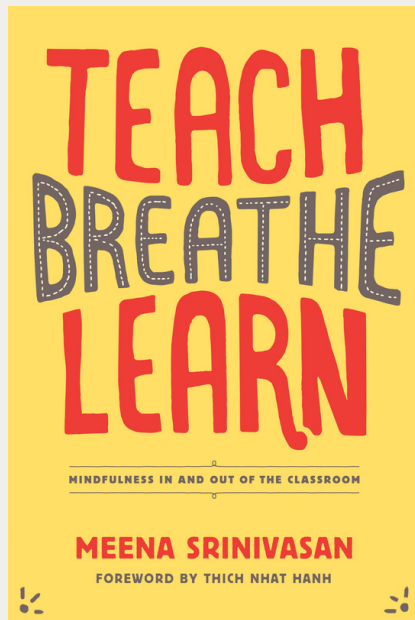
**VICKI ZAKRZEWSKI** | PHD, EDUCATION DIRECTOR, GREATER GOOD SCIENCE CENTER, UC BERKELEY

*"Meena brings a rare depth and understanding to the fields of social-emotional learning and mindfulness. She recognizes that it's not just about our emotions and interactions with others, but rather that it encompasses our full humanity. Her ability to connect to others with warmth and kindness gently nudges people forward, encouraging them to take the next step on whatever part of this 'soul' journey they may be."*



# THOUGHT LEADERSHIP | BOOKS BY MEENA

BULK ORDER DISCOUNTS ON BOOKS AVAILABLE FOR EVENTS



TEACH BREATHE LEARN

Parallax Press, 2014

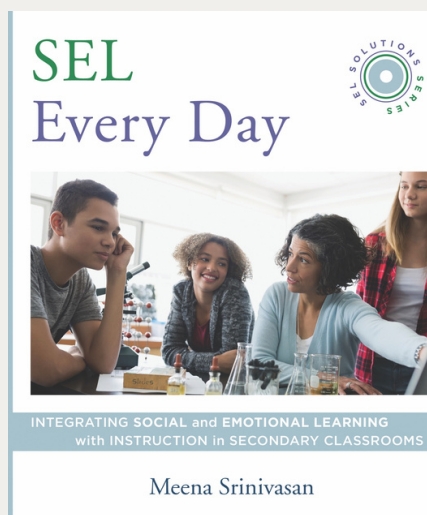
Teach, Breathe, Learn, was one of the first mindfulness in education books published. Teach, Breathe, Learn is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others.

**Featured in Edutopia and Cult of Pedagogy**



**TIM RYAN** | AUTHOR, A MINDFUL NATION AND FORMER CONGRESSMAN

*"This book makes mindfulness accessible to teachers everywhere. It is a helpful resource for parents and educators of all backgrounds."*



SEL EVERY DAY

W.W. Norton, 2019

SEL is not separate from academics or instruction; it is integral to quality teaching and learning. This book draws on the latest research and resources to offer individual teachers and teacher teams an accessible guide to incorporating SEL into everyday teaching in middle and high school classrooms.

**Selected as 2019's Favorite Books for Educators, UC Berkeley Greater Good Science Center**



**ELENA AGUILAR**, AUTHOR OF COACHING FOR EQUITY/CEO OF BRIGHT MORNING CONSULTING

*"Meena offers insights that are grounded in practice, actionable and transformational. This book is a blueprint for how to integrate SEL."*

INTEGRATING SEL INTO EVERY CLASSROOM QUICK REFERENCE GUIDE

W.W. Norton, 2021

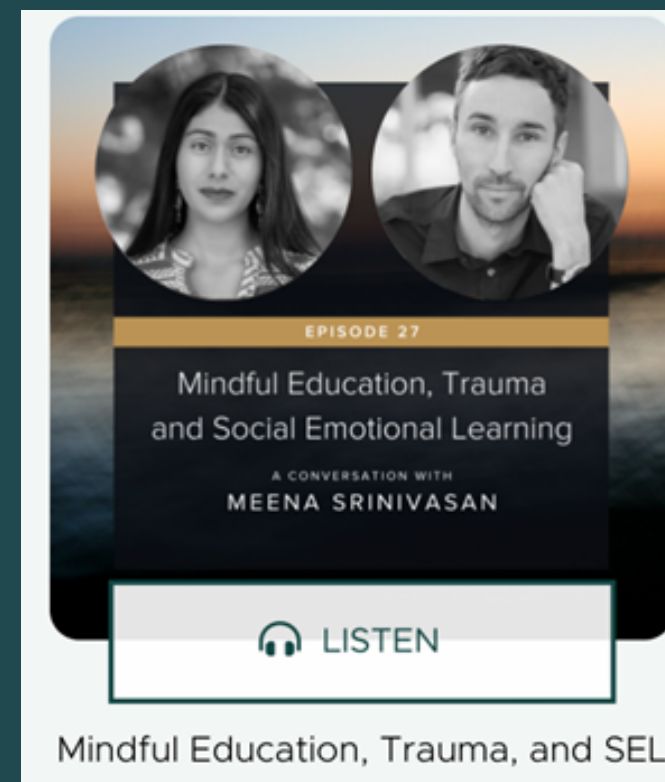
This Quick Reference Guide (QRG) fills a huge need in the education field for a practical, accessible resource that clearly communicates **what** SEL IS, **why** it matters, and **how** to begin integrating SEL into one's practice in concrete ways.



**PAULA LIGHTSEY**, SEL LEAD, SOUTHFIELD PUBLIC SCHOOL DISTRICT

*"This SEL Quick Reference Guide is a must have for any educator. Meena provides a roadmap for integrating SEL into every classroom."*

## PODCASTS & VIDEO SUMMITS



Mindful Education, Trauma, and SEL

Meena's a featured expert and regular guest on podcasts and summits in the field of mindfulness, emotional intelligence and education.



♡ Meena





**BLOODLINE BARTHELUS, ED.D., SENIOR DIRECTOR OF PRACTICE, COLLABORATIVE FOR ACADEMIC SOCIAL AND EMOTIONAL LEARNING (CASEL)**

*"It is rare that we meet someone that not only has a depth of knowledge and skill but also an embodiment of the content that is delivered in a manner that motivates us to pause, look within, and consider the need to shift. Meena is such a person. From the moment she begins to speak, she draws you in and holds you as a captive audience through a journey of self-discovery that is brought about through her own authenticity. Her care for humanity and passion to see us at our collective best is palpable."*



**JOHN RIVERA-DIRKS, DIRECTOR, PARTNER MARKETING, ZILLOW GROUP AND VISITING FELLOW, THE HOOVER INSTITUTION, STANFORD UNIVERSITY**

*"Meena led a 90 minute virtual training on Mindfulness and Compassion for my team's annual offsite. Through Meena's guidance, we learned key strategies to support emotional well-being. The training was not just about theory but a hands-on experience that left us with practical tools for stress management. I highly recommend hiring Meena to offer a training on Mindfulness and Compassion."*

## MEDITATIONS

Meena's guided meditations are featured on Insight Timer, TRIPP, Mindful, Educational Leadership Magazine and Ladder. She also created guided meditations for a graduate level Social and Emotional Learning (SEL) Course at UC Berkeley.



**-PAMELA MCVEAGH-LALLY, FOUNDING PARTNER, SEL CONSULTING COLLABORATIVE**

*"Meena composed and recorded beautiful, secular guided audio meditations for UC Berkely's Social and Emotional Learning Foundations course. Meena shaped each guided meditation to align perfectly with the academic goals of each module, synthesizing research-based insights with reflective practice and always centering the humanity of students. From considering an educator's role in systems change, to leveraging the neuroscience of learning and development, to developing self-compassion, to integrating emotions into instructional practice, Meena brilliantly wove together content and thoughtful contemplation. The recordings were top quality, and Meena's writing, delivery, and selection of beautiful images and music to accompany the recordings continue to be a highlight and a respite for the students taking the course."*



## SUBSCRIBERS AND SOCIALS:

**Meena has 8K email subscribers to her monthly newsletter. Connect with her:**



[instagram@heartofmeena](mailto:instagram@heartofmeena)



[linkedin.com/in/meenasrinivasan](https://www.linkedin.com/in/meenasrinivasan)



[twitter.com/HeartOfMeena](https://twitter.com/HeartOfMeena)



[facebook.com/meena.srinivasan.9](https://www.facebook.com/meena.srinivasan.9)





# CONSULTING, COACHING, AND COURSES

## CUSTOMIZATION

Meena can work with you to craft action-oriented, customized workshops, keynotes or professional learning experience for your audience that meets their unique needs. She has also designed and facilitated a very successful year long professional learning series for school leaders focused on the systemic implementation of SEL.



**KRISTIN NELSON**, COORDINATOR OF STUDENT WELLNESS, NAPA VALLEY UNIFIED SCHOOL DISTRICT

*"Meena's been consistently so well received by our community that we continue to invite her back to speak and offer professional learning engagements. She exudes a warm, grounded energy. Her sessions inspire and also offer practical, accessible strategies for promoting wellbeing in our personal and professional lives."*

## COACHING

Meena provides tailored coaching across sectors. She also provides intensive, individualized support to educators and new and experienced school and district leaders. Meena is a graduate of Cognitive Coaching and Coaching Leaders to Attain Student Success (CLASS) and certified in Emotional Intelligence Leadership Coaching.



**PAULA LIGHTSEY, M.ED, SEL LEAD**, SOUTHFIELD PUBLIC SCHOOL DISTRICT

*"As a veteran school leader and longtime mindfulness practitioner, I was touched by the insights I continued to have during my Emotional Intelligence Leadership coaching sessions with Meena. Our time together has helped me clarify my vision, deepen my goals, and take definitive action steps toward making my vision for embodying transformation a reality."*

## CONSULTING

Work with Meena to grow, expand or develop Mindfulness and SEL programming, products and professional learning at your organization. Meena also provides SEL technical assistance, capacity building, and SEL strategic planning services to support the systemic implementation of SEL.



**CHIEN WU-FERNANDEZ**, ASSOCIATE SUPERINTENDENT, HAYWARD UNIFIED SCHOOL DISTRICT

*"Meena facilitated a diverse group of stakeholders to develop a comprehensive three year SEL strategic plan for our district. Her SEL expertise is vast and grounded in practice. She modeled SEL through her facilitation and design of the process and created an authentic space where everyone felt seen and listened to. All of these contributed to a positive experience and plan."*

## COURSES

The **SEL Every Day Online Courses** provide a comprehensive roadmap, tools, and resources to implement SEL in work and life. Participants also have the option to earn **3-6 Graduate Level Credits** and walk away being able to:

- Facilitate 20+ powerful Mindfulness practices
- Lead Transformative SEL professional learning
- Integrate SEL with academic instruction
- Guide SEL Continuous Improvement efforts
- Communicate key research behind SEL and Mindfulness
- Engage in the inner work of racial healing
- Create the conditions for belonging in your learning community



**SUNGHIE PARK OKINO**, DISTRICT CAPACITY BUILDING, LOS ANGELES COUNTY OFFICE OF EDUCATION

*"Each time I revisit Meena's courses I uncover a new discovery. Meena artfully weaves leadership theory, change management, relationship building, implementation science, social and emotional learning, culturally responsive practices, and so much more to show us how this all applies to our personal and professional practices. This is a course that brings deep transformation."*



# AS SEEN IN



# CLIENTS INCLUDE



AND MANY MANY MORE...

♡ Meena





# CONTACT MEENA

Speaking fees are based on event details. For booking information and fee inquiries, please get in touch with Meena.

[meena@meenasrinivasan.com](mailto:meena@meenasrinivasan.com)

♡ Meena