



## Mindfully Led: “Be Gentle with Yourself”

Dr. Asheena Baez  
International Mindful Leadership Coach

### Asheena Baez Consulting, LLC

We offer differentiated virtual immersive mindfulness training experiences that will equip administrators, practitioners, and parents with practical strategies to help them prioritize their wellbeing.

#### Mindfully Led Services



Mindfully Led  
Trainings



Monday Mindful  
Moments



Mindfully Led  
Workshops



Mindfully Led  
Online Courses

## Dr. Asheena Baez



Dr. Asheena Baez is an internationally renowned Mindful leadership Coach, Curriculum Developer, and Educational Consultant. After graduating from the Summer Principal Academy Administrative Graduate Program at Columbia University, she went on to serve the program as a Leadership Coach and Summer Instructor. Asheena has taught, led schools and districts in New York for almost 20 years.

Growing up in the South Bronx in New York City provided Asheena with the resilience and inspiration to transform global communities using the power of mindful awareness techniques. She is a mother of three and a passionate educator that believes indestructible wellbeing is the birthright of all humanity.

Internationally, Asheena provides administrators and Directors with high-impact training in Mindful Leadership to promote whole-child increased learning outcomes globally. She is a former Special Education teacher, principal and Director of Pupil Personnel in New York. Asheena is currently the Chief Implementation officer for The Contentment Foundation, a global wellness organization.

Follow me @AsheenaBaezConsultingllc

