



Sean Fargo

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Professional Summary

Helping leaders and professionals cultivate greater well-being, presence, and resilience through evidence-based mindfulness training, executive coaching, and customized wellness programs. Former Buddhist monk and founder of Mindfulness Exercises, trusted by leading companies and thousands of mindfulness teachers worldwide. **Fractional & Advisory Focus** Available as Fractional Chief Mindfulness & Well-Being Officer or Strategic Advisor for organizations (200–5,000+ employees) seeking evidence-based mindfulness, leadership resilience, and scalable wellness programs.

Experience

Mindfulness Exercises, Founder & CEO Remote

- Built a global platform offering free and premium mindfulness training to individuals and organizations. Jan 2015 - Present
- Partnered with Fortune 500 companies, hospitals, schools, and government agencies to deliver evidence-based mindfulness programs.
- Designed and delivered custom workshops, retreats, and coaching engagements for leaders across industries.
- Created a library of 2,000+ guided meditations, worksheets, and curricula used by over 20,000 teachers and coaches.
- Led executive coaching for founders, HR leaders, and wellness heads, integrating mindfulness into their leadership style.

Multiple Organizations, Chief Mindfulness Officer Jan 2018 - Jan 2024
(Fractional & Advisory Roles)

- Supported individuals and teams with their wellness initiatives. Provided strategic guidance on building in-house mindfulness offerings and mental health benefits. Coached executive teams on presence, active listening, and emotional regulation.
- Reduced burnout scores by 50% in 6–12 months. Integrated mindfulness into leadership curriculum for 100+ leaders per year. Designed enterprise-wide program across 6 regions

Google, Kaiser Permanente, Tesla, E.P.A., DocuSign, Senior Mindfulness Trainer
(Consulting Roles)

- Delivered interactive mindfulness workshops and talks for employee wellbeing and performance.
- Consulted on culture and wellness strategy, emphasizing emotional resilience, inclusion, and engagement.
- Helped integrate mindfulness into onboarding, organizational vision, and leadership development initiatives.

Thai Forest Tradition, Buddhist Monk 2006 - 2008

- Lived, studied, and practiced in monastic settings under Thai masters and other senior monks.
- Deep immersion in mindfulness, compassion, and ethical leadership principles.
- Foundations that continue to inform all professional and personal engagements.

Education

University of California, Santa Barbara, BA in Global & International Studies

- Grand Prize Winner: 1st Annual Outstanding Community Service Award, presented by UCSB's Global Peace & Security Department

Trainings

New Ventures West, Integral Coach

- Trained in this yearlong coaching certification program to provide clients with a variety of outcomes, including having greater competence, deeper meaning and more fulfilling engagement in their life.

Search Inside Yourself (Google's Mindfulness Program), Certified Instructor

- Provided resilience and emotional intelligence training to empower organizations and leaders who dedicate themselves to serving others and driving meaningful change.

Skills

Mindfulness-Based Program Design: Expert in evidence-based mindfulness programs for individuals and organizations.

Executive & Leadership Coaching: Experienced in coaching founders, HR leaders, and wellness heads to integrate mindfulness into leadership.

Corporate Wellness Strategy: Consulted with Fortune 500 companies to develop scalable wellness programs and culture transformation.

Workshop & Retreat Facilitation: Designed and led custom workshops, retreats, and coaching engagements across various industries.

Public Speaking & Thought Leadership: Guest speaker and regular facilitator at events, summits, and panels on mindfulness and wellbeing.

Organizational Culture Transformation: Helped organizations build mindful, compassionate cultures emphasizing emotional intelligence.

Emotional Intelligence & Compassion Training: Trained leaders and teams on emotional resilience, inclusion, and mindful communication.

Scalable Content & Course Development: Created a library of 2,000+ guided meditations, worksheets, and curricula used globally.

References

Dr. Gabor Maté, Author of The Myth of Normal, "Having collaborated with Sean Fargo, I can attest that he is a visionary who brings scope, insight and compassion to his teaching and support of others on the path of meditation. Along with many, I, too, have personally witnessed his unstinting kindness."

Jack Kornfield, Founder of Spirit Rock Meditation Center, "Sean is a wonderful teacher, well practiced in the teachings of mindfulness and compassion, dedicated and thoughtful."

Dr. Rick Hanson, Author of Resilience And Hardwiring Happiness, "Sean is the absolute gold standard for mindfulness training and coaching. He has tremendous depth and breadth. He is also very kind, with bone-deep integrity, excellent communication and teaching skills, inclusive open-minded awareness, and a sweetly supportive manner. He really is the best, and I recommend him wholeheartedly."

Sharon Salzberg, Founder of Insight Meditation Society, "I am always grateful to work with Sean Fargo. I find him an unusual combination of great emotional intelligence and the diligence and perseverance to get any job done. His caring and kindness are exemplary, as is his clarity and awareness."

Hasan Rafiq, Chief Operating Officer Of Diversity At Facebook, "Sean is the most thoughtful, courageous and inclusive teacher I have had in a long time. If you want to start your mindfulness teaching journey in a simple, practical and meaningful way, I recommend speaking with Sean and you will be amazed at the impact he will have on you. His passion to contribute to others learning and development is contagious."