

MINDFUL LEAD INTRODUCTION



2026

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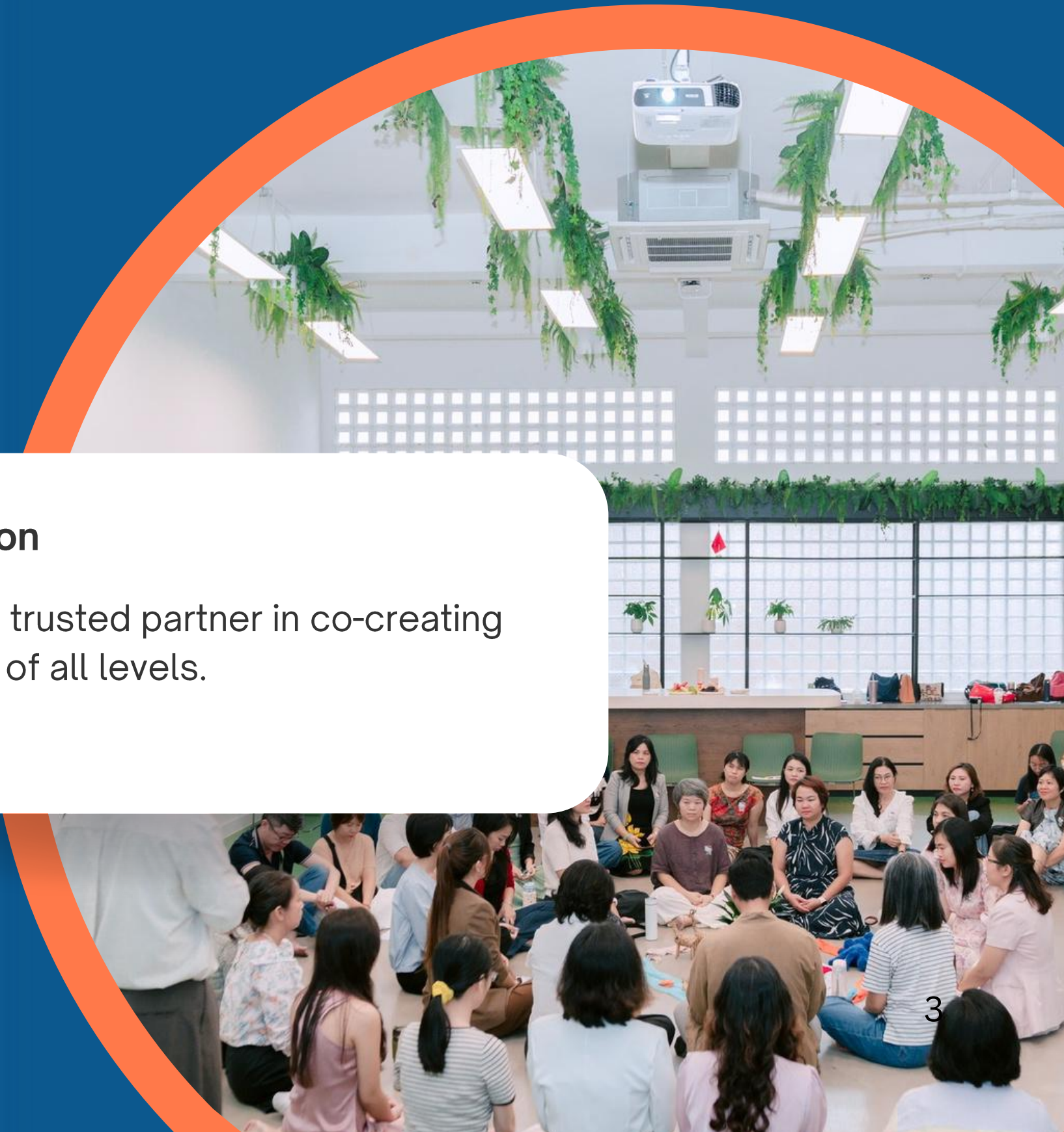
Our Vision & Mission

● Vision

A community of professionals, transforming ourselves to create positive social impacts.

● Mission

To be your trusted partner in co-creating leadership of all levels.



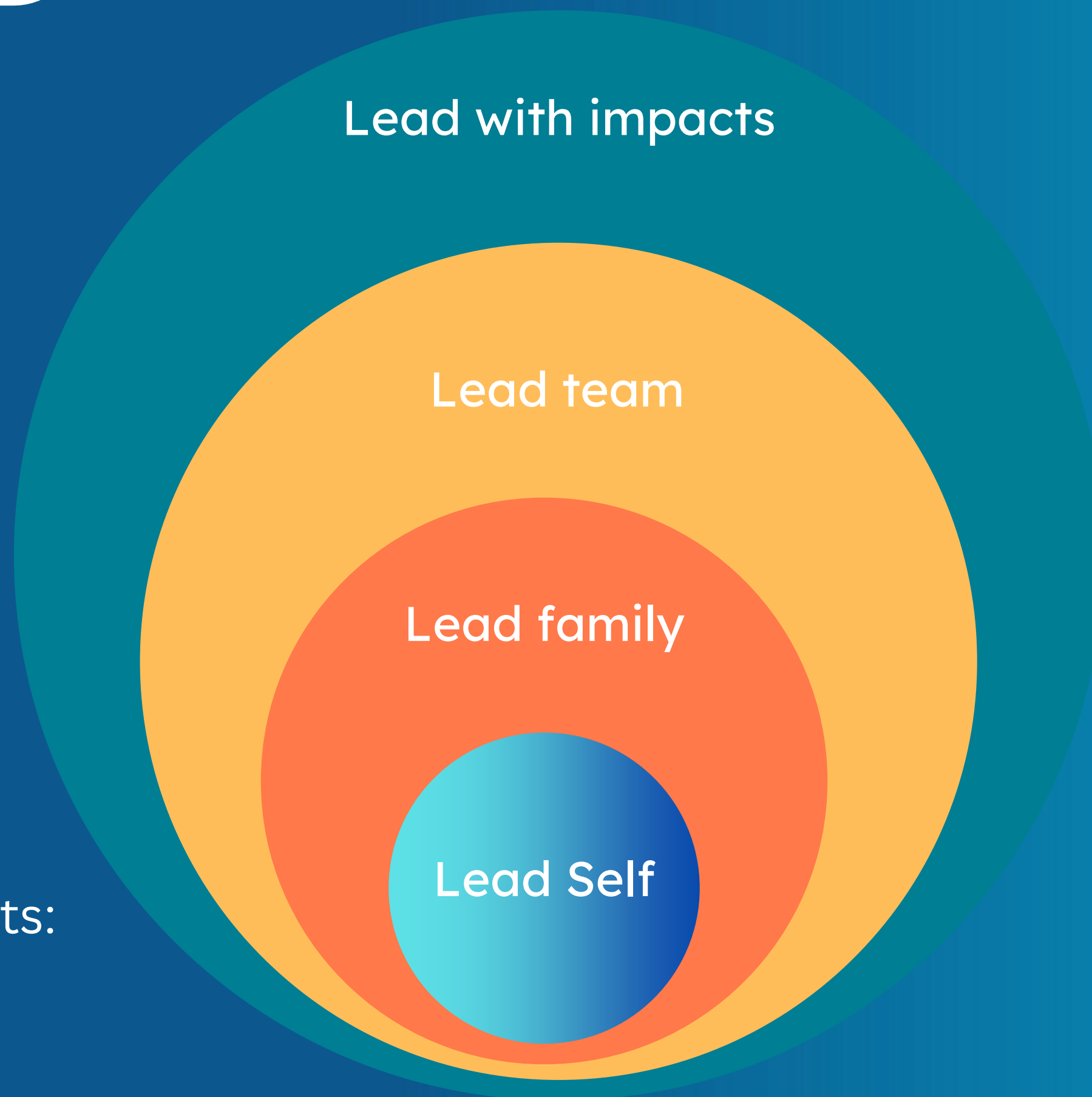
Our
motto
LEAD from within

LOVE
EMPOWER
ACCCEPT & APPRECIATE
DEDICATE & DELIVER





Our
target
social
impacts



Four levels of impacts:
from ME to WE.





→ **Mindfulness energy**

Grounded in self-awareness, mindful practitioners bring a calm, steady focus to high-pressure corporate environments.

Our best practice

We work together, cultivating understanding and harmony through the core mindfulness practices: breathing, walking, eating, emotional check-in, deep listening, loving speech, and beginning anew.

“

*Feeling is reactive. Understanding is proactive
(Jack Butcher).*

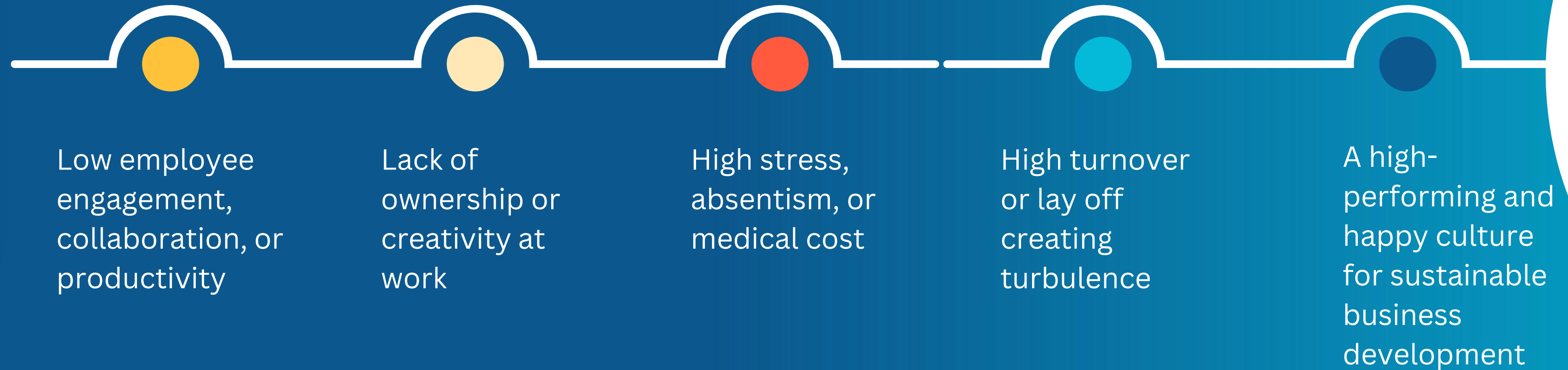
The way out is in. (Zen Master Thich Nhat Hanh)

”





To address organizational concerns



What We Offer ➤

Mindfulness-based Programs

MINDFUL SELF LEADERSHIP

Enables you to...

- “invest” in your Body and Mind; “enrich” your perspectives about success and happiness.
- identify your deep motivations in relation to your inner fears; understand and transform your challenges to build leadership capabilities through mindfulness.
- understand the 3 leadership qualities to create a self-leadership action plan



MINDFUL COMMUNICATION

Enables you to...

- identify and transform barriers of communications.
- communicate with self, team in the spirit of empathy, compassion and inter-connectedness.



MINDFUL POWER OF TEAMWORK

Enables you to...

- enhance commitment, accountability toward common interests and results.
- build vulnerability- based trust, and healthy debates.
- connect through different team roles and specific observable and measurable behaviors.



MINDFUL EI

Enables you to...

- develop emotional intelligence at individual and team levels - regulate emotions and enhance relationships for better work and life.
- cooperate for problem-solving and decision-making in a calmer, empathetic and positive way.
- enhance people's wellbeing and create a great place to work.



What We Offer >>>

Mindfulness-based Wellbeing

MINDFUL MOVEMENT

Enables you to...

- take care of your physical and mental well-being, a strong foundation for sustainable happiness and perseverant contribution.
- enhance your expressive abilities to connect better with your team and nature

RETREAT

Enables you to...

- step away from screens, deadlines, and daily responsibilities.
- practice breathing, meditation, and healing techniques that you can integrate into high-pressure corporate routines.



Tailored Solutions

We bridge our core modular framework with your specific organizational needs; tailoring our programs to your unique goals, we deliver practical, high-impact solutions for your team and organization.

Together with you, we conduct 4 customization steps.

- 1 Intake & conversation
- 2 Modular adaptation
- 3 Co-creation & validation
- 4 Delivery & reflection



Team Member ➤



TRAN THU LE

Founder



NG. T. HOAI MINH

Operation Manager



TON THAT HAC MINH

Mentor



NG. VU TU UYEN

Mentor



Team Member ➤➤



LUONG VUONG HANH

Program Designer,
Trainer,
Career Counsellor



NG. MINH NAM

Trainer,
Mindful & Creative
Arts Practitioner



NG. T. KIM NGOC

Trainer, Coach,
Mindfulness
Practitioner



HUYNH T THANH HUONG

Trainer, Coach,
Sound Healer



QUACH DUY CHUNG

SEL Trainer,
Mindfulness
Practitioner





Our Customers & Partners

From **2023 to 2025**, Mindful LEAD has partnered with and offered our packages to **10+ organizations**.

Supervisor Pilot Project ➤

 → **GOAL**

We delivered a pilot program for a worldwide well-known sportswear French company in their initial efforts to create a sustainable working environment in their 2 partner factories.

→ **CONTENT**

Supervisor wellbeing and empathetic leadership.

 → **DELIVERY**

- Time: 6 months
- Package: 2-day deep dive analysis, 6 offline training sessions, 20 follow-up group coaching sessions.

→ **PARTICIPANTS**

- 60+ factory supervisors
- 6 leaders
- 60+ workers

Forest Link Project ➡➡

 → **GOAL**

This project seeks to address adolescents' mental health challenges: high level of stress, anxiety, and poor communication

→ **CONTENT**

8-week mindfulness course designed to build emotional resilience, enhance communication, and strengthen family connections

 → **DELIVERY**

- Time: 1.5 years
- Package: MBSR techniques and the evidence-based MARS-A framework,

→ **PARTICIPANTS**

- 5 schools, 1 tutoring center
- 500+ students
- 100+ parents
- 150+ educators



Contact Us

To customize our programs to your organization, let us know!

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 Email : mindfuLEAD.info@gmail.com

 Fanpage :
<https://www.facebook.com/Mindful.LEAD>



THANK YOU

FOR BEING INTERESTED

2026

