

# Adam Avin

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**CAREER SUMMARY: NON-PROFIT FOUNDER/BROADCAST JOURNALIST/MENTAL HEALTH ADVOCATE SEEKS TO GET MINDFUL CURRICULUM INTO SCHOOLS. SPECIALTIES INCLUDE KEYNOTE SPEAKING, YOUTH ADVOCATE, ON-AIR TALENT, VIDEO PRODUCTION, MINDFULNESS INSTRUCTOR.**

## **PROFESSIONAL EXPERIENCE**

**Wuf Shanti Children's Wellness Foundation, September 2015 to Present**

### *Creator*

- Wuf Shanti Children's Wellness Foundation is a 501c3, non-profit organization, which promotes health and wellness, peace and positivity.
- Wuf Shanti is a dog character that travels the world teaching about mindfulness, social emotional learning, yoga, and meditation through fun, games, music, and videos.
- Wuf Shanti teaches kids when they are young to cope with stress and emotions, so they will grow up less depressed and anxious teens, and happier peace loving content adults who can handle life issues in more productive ways. Wuf Shanti has:
  - 7 books (six fiction, one non-fiction)
  - 100 videos for ages 3-10 years-old
  - Branded clothing
  - A mindful mobile app
  - A mindfulness social emotional curriculum for K-12
  - Visits schools & hospitals to teach mindfulness, SEL, yoga, meditation, positivity, kindness, and peace
- Videos are distributed by:
  - Local PBS stations
  - Childrens TV Network (in children's hospitals globally)
  - Adventure to Learning (in-school health and fitness programming for 25,000 schools)
  - Kidoodle TV (safe streaming network for children with no ads)
  - Common Sense Media for Kids
- Publicity highlights:
  - [Mindful Magazine](#), Miami Herald, Sun Sentinel, Huffington Post, Thrive Global
  - Yoga Digest, LA Yoga Magazine, Integral Yoga
  - Authority Magazine, Best-Self Magazine, Good Living Magazine, Teaching. com
  - Care For Your Mind Blog, Superfly Supermom Blog, The Doctor Weighs In Blog
  - Iheartradio Embrace Your Power Show, Make Wellness Fun Podcast

- Sulavon's SheShed TV Show, Local PBS Kids Channel, NBC Making a Difference segment, & more.
- Wuf Shanti currently has approximately 100K followers on FB.
- **Mindful Kids Peace Summit, Created and Hosted by Wuf Shanti**
  - The Mindful Kids Peace Summit is an online digital library program for middle and high school students shown in schools across the world, focusing on Mental Health Education and Stopping the Violence.
    - More than 70 subject matter experts, 50 hours of content, and downloadable lesson plans and/or worksheets for teachers to do with students.
  - Curriculum subjects included physical and mental health topics such as:
    - Diversity, inclusion, and communication
    - Kindness, anti-bulling, cyber-bullying, stopping violence
    - Mindfulness as a tool to cope with stress and emotions (Yoga, Meditation, Breathing, Positivity)
    - Social emotional learning (self-awareness, self-regulation resilience, self-compassion, empathy), emotional intelligence, positive psychology
    - Collaboration, connection, interacting with others, how we can make a positive difference in the world, how teachers and parents can help.
    - Mental Health Education, anxiety, depression, suicide prevention, substance abuse, trafficking, and more.
  - MKPS requires the following:
    - Producing and editing of 70 video interviews, demonstrations, presentations
    - Producing, directing, and editing of 15 Public Service Announcement videos for schools
    - Social Media digital marketing outreach, templates, graphics;
    - Building platforms and using applications such as: ScheduleOnce, Zoom, PhotoShop, Premeire Pro, Clickfunnels, Wordpress, Eventbrite, Vimeo,
    - Coordinating the volunteer program
    - Designing branded MKPS clothing; and more.
  - Publicity highlights:
    - [Mindful Magazine](#), Goop Magazine, Psychology Today, Tweens Magazine
    - Tiger Woods Foundation Newsletter, CASEL Newsletter
    - Maroon 5 and Adam Levine FB pages
    - Joe Lockett Radio Show, Catching Z's Mindfulness Podcast, The Doctor Whisperer Podcast, Live Healthy Miami Podcast
    - Neuroscience Meets SEL Podcast, Conscious Parents Thriving Kids Podcast, Real U Academy Podcast
    - Local PBS TV All Health Channel, Daytime Morning TV Show on NBC, and more.
    - Published in Chicken Soup for the Soul: Think Positive Live Happy
    - Published in Chicken Soup for the Soul: Think Positive for Teens

- Featured in the Daily Meditator Magazine, Lariat Magazine for CCHS, and quoted in Whitney Stewart's book *Mindfulness and Meditation for Teens*.
  - Created Content for Yoga International (youngest meditation instructor on the YI platform)
  - Speaking highlights include the [Broward Mental Health Summit](#), Mindfulness in Education Summit, Preschool Mindfulness Summit, Keen on Teens Summit, World Happiness Festival, Mindful Stories Collection, Live Healthy Miami, Broward County School Board, and [TedxYouth@KC](#).
- **Kids Association for Mindfulness in Education (KAME Clubs)**
    - Student-run interest-based clubs in middle and high schools. A place where youth can come together to mindfully do good in the world and help get these programs into schools across the country.

**Lago Mar Golf Camp**, June 2021 to present, *Golf Coach*

**Batch Cookie Co.**, January 2022 to present, *Sales Associate*

#### AWARDS AND MEMBERSHIPS

- Named by Common Sense Media as "Best Health and Wellness App for Kids"
- Named by Common Sense Media as "Best Meditation App for Kids"
- Named by Heal the Planet Together as a "Young Planet Leader"
- Member of the High School TV Production Team and Golf Team
- Superintendent's Mindfulness Initiative Committee
- Youth Leadership Broward Award: Outstanding Achievement for Community Service
- Debbie Wasserman Schultz Citizenship Award: Outstanding Achievement for Public Service and Making the World a Better Place
- Silver Knight Nominee; Heisman Scholarship – School Winner
- Posse Scholar; Syracuse University Newhouse Class of 2026

#### CERTIFICATIONS

- Premiere Pro CC Editing Software
- Mindfulness Based Stress Reduction by Stressed Teens
- Children's Yoga by Kidding Around Yoga
- Emotion Code by Discover Healing

#### SKILLS

- Premiere Pro Video Editing
- Mindfulness SEL Teaching
- Public Speaking