Daisy Mastroianni

Daisy Mastroianni is a mother of four amazing kids, has been a teacher for more than 20 years, and is the owner of MindfullyU, an organization dedicated to cultivating peace in individuals and organizations through the application of mindfulness techniques based on an understanding of how our brains work and the impact our physiology has on our emotional regulation. As a secondary teacher, Daisy's experiences include high-performing schools in which academic pressures led to high levels of stress and anxiety, as well as schools with large numbers of students living in poverty and the impact poverty plays on students and staff. Daisy has also lived and taught in international schools overseas. These experiences have allowed her to incorporate a multicultural perspective and understanding into her work. Whether learning to pivot and shift from negative thought patterns, or understanding the value of a simple breathing technique, or practicing living life "in the now," Daisy is proud to have shared mindfulness and the brain science behind mindset and resiliency with thousands of individuals for more than 20 years.

"My biggest passion in life is my family and strengthening those relationships. I also have a passion for people and especially students. I love empowering young people with knowledge that will help them better understand themselves and build stronger relationships in an effort to cultivate more peace in their own lives. I enjoy the journey of learning and growth in myself and others, and I enjoy helping people and organizations infuse a more mindful approach to work and life."

Workshops presented by Daisy Mastroianni

- Emotional Poverty

With consultants and publications around the world, aha! Process helps communities move individuals, families, and entire neighborhoods out of poverty and into sustainability and growth.

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