

Brief Trainer's Profile - About Carmen



Ms. Carmen Teo is a professional mindfulness trainer who received training from reputable international institutions to deliver mindfulness across various applications. Her credentials include: Certified Teacher and Teacher Mentor of the classic and renowned Mindfulness-based Stress Reduction (MBSR) program under UC San Diego's Center for Mindfulness, Workplace Mindfulness under TME (spin-off from Oxford Mindfulness Center) and Mindful Self-Compassion under the Center for Mindful Self-Compassion. She also holds Advanced Certificate for Training & Assessment (ACTA), a professional workplace trainer certification from WDA, and is also a Certified Yoga Instructor. She started her mindfulness journey

in 2007 in the US which later helped her emerge stronger from job burnout, health challenges and existential crisis, and motivated her shift from a high-flying corporate career to mind-body practitioner. Since founding Mindful Insights in 2015, she has delivered mindfulness workshops to thousands, and journeyed with hundreds in longer multi-week mindfulness programs in organizations and educational institutions.

Email: carmen@bemindful.sg | **Tel:** 9145.6927 | www.BeMindful.sg