



**Andy Lee**

## BIOGRAPHY

Andy helps leaders, teams and organizations leverage the power of mindfulness to create a culture of engagement, innovation and sustainable success. He has been teaching mindfulness in organizations since 2011 and is a MBSR certified instructor from Brown University.

Before founding Mindful Ethos and Wellness Breath, Andy was a Chief Mindfulness Officer at an industry leading healthcare company where he and his team developed a range of programs to create a deeply rooted culture of mindfulness. Previously, Andy had a career in Human Resources. He held senior talent management roles at Merrill Lynch, Viacom, and Capital One. There, he developed traditional programs to enhance employee development and leadership effectiveness.

## EDUCATION

- MA in Organizational Psychology from Columbia University

## QUALIFICATIONS

- Certificate in Executive Coaching from CUNY Baruch
- Certified Mindfulness Teacher

