

ABOUT US

We help people cultivate well-being through the customized delivery of experiential practices. We teach clients how to skillfully deal with difficult experiences and intentionally create positive strategies for long-term resilience and well-being.

MEET OUR FOUNDER

Jamie Lynn Tatera is an educator, author, mother, and curriculum trainer. Her deepest wish is to share her curriculum with others to help to create wholeness and well-being in the world.



WHAT OTHERS SAY

"The Wholly Mindful Parent-Child class helped my daughter and me bond in having a shared experience of working together on something so soothing and important to us. We can help each other remember the different strategies and work through difficult emotions together. It is just as much for parents as it is for kids!!"
-Jennifer Twente, Parent & Pediatrician

"Jamie Lynn's mindfulness course gave me the tools to be present and grounded in the moment. Through the mindfulness techniques that I learned, I have become a better listener and better able to focus on the task in front of me."
-Dr. Michael R. Lovell, President, Marquette University

"Jamie Lynn is brilliant, skillful and real. Her class will create a mindshift and you will never be the same."
-Amy Lovell, Executive Director of REDgen

CONTACT US

Wholly Mindful teaches its signature curriculum to families, individuals, and organizations, all customized to meet the needs of the client. Skillfully integrating science, metaphor, story, and interactive practice, Jamie Lynn teaches clients powerful ideas and transformative practices.



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MINDFULNESS & WELL-BEING TRAINING

Our signature curriculum features a unique collection of research-based practices

Mindfulness and emotional intelligence

Dialectical (side-by-side) awareness

Mindfulness of interconnection

Attentional training

Dealing skillfully with difficult thoughts

Self-compassion/ Resilience

Positive neuroplasticity training

Cultivating connection and well-being

Mindfulness

Self-Compassion

TRAINING

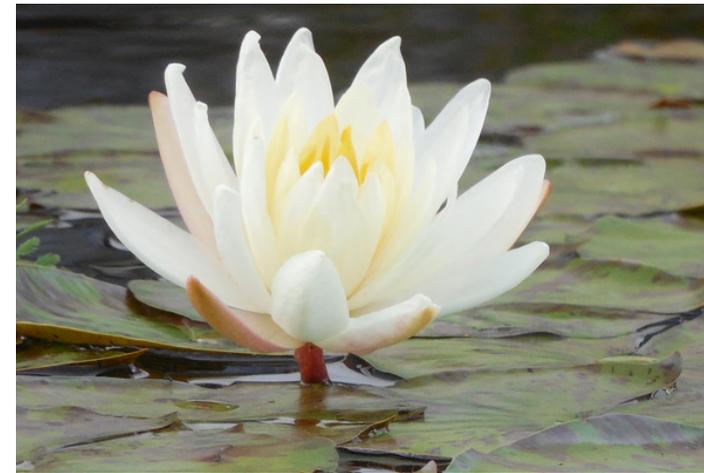
Emotional Intelligence

Positive Neuroplasticity

Mindful Yoga



awareness | integration | cultivation



We believe in and support the development of a **healthy mind**, which is the foundation of a **whole and happy life**.