

Daniel Lauter - Wellness Trainer, Educator

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Objective: *to encourage and teach wellness, generate awareness, and to help others.*

Motivating skills: *compassionate action, mindful listening, recognition, empowerment, open mindedness, gratitude, engaging others, positive communication, creativity and resourcefulness, flexibility and responsibility.*

Attributes:

- ◆ 30 + years of experience in Wellness Teaching, Mindfulness and Meditation
- ◆ Curriculum Designer for Mindfulness and Meditation practices
- ◆ Certification in Integrative Sound Therapy, Educational Technology, Integration Specialist
- ◆ Facilitates and customizes Professional Development training, workshops, sessions
- ◆ Lecturer on Differentiated Mindfulness™
- ◆ Composer of Guided Meditation and Sound Therapy audio tracks
- ◆ Performer on Quartz Crystal Bowls, Tibetan Bells, Didjeridu, Voice, Saxophone, Clarinet
- ◆ Strong team player with excellent management skills

Employment History:

*Mindfulness Consultant, Middle School
H.C. Crittenden Middle School, 2017, Armonk, New York*

*Mindfulness Teacher, Wellness Consultant, Middle School & High School
Avenues World School, 2014 – 2017, New York*

*Mindfulness & Meditation Teacher, Sound Therapist, Lecturer, Professional Development Trainer,
Mindful Sync, 1987 – 2017, San Francisco, New York*

Mindfulness Presentations, Workshop and Wellness Series includes: New York State Association of Independent Schools, ABC Home, United Nations International School, Academy of St. Joseph, European Council of Independent Schools, Avenues World School, North Carolina Association of Independent Schools, National Association of Independent Schools, Connecticut Association of Independent Schools, Village Community School

Education and Certifications:

Integrative Sound Practitioner Certification, Sound and Music Institute, NYC

NY State Permanent Teaching Certification Music K-12

NY State Permanent Educational Technology Specialist Certification

Masters: Technology in Education, Long Island University

Undergraduate: The Center for Interdisciplinary & Experimental Arts, San Francisco State University; Performing Arts Management, Event Production, Audio Engineering, Purchase Music Conservatory, Music Performance; Manhattanville College; Education.