About Mindvalley

Mindvalley Provides The Education That Regular Schools Forgot — Being Human is more than just what our broken education system makes it out to be. We teach the world the art of truly living extraordinary, fulfilling, happy lives. We spend the prime years of our lives preparing for our careers. But we spend hardly any time preparing for things that will determine the quality of our life experience and the quality of our relationships, health, mindset and wellbeing. Mindvalley teaches you the things that actually matter most in life. And we do it by bringing in the latest cutting edge techniques, the world’s best teachers, and a powerful learning platform that is the best of its kind in the world.

The Mindvalley Difference — 5X Better Completion Rates than Traditional Online Learning* Our content and courses have radically transformed the way we consume information and learn. It’s not just something we say. It’s something we do. Our Quest platform has an *333% better completion rate than industry average. These deep-dives into personal transformation use scientifically proven motivators and systems that help you make life changes that really stick.

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Mindvalley (MNDVL)

Stakeholder(s):

Mindvalley Team:
Surround Yourself with People Who Inspire You — Mindvalley is home to hundreds of incredibly talented educators, employees, and tribe members like you who have dedicated their lives to helping themselves and others achieve the ultimate in personal transformation.

Vishen Lakhiani:
Vishen Lakhiani was a computer engineer and senior leader at a rapidly growing Silicon Valley startup. But he faced extreme stress and was burnt out. He took up meditation as a solution and it completely changed his life. He quit the valley to study meditation, teach around the world and go into deep mastery of human development. Mindvalley was born as a result. Today Vishen is on a quest to remake how the world works in terms of business, politics, education and spirituality.

Ajit Nawalkha:
Mindvalley Teach, Co-Founder

Kristina Mand-Lakhiani:
Mindvalley Russian, Co-Founder

Ngeow Wu Han:
Chief Product Officer

Kshitij Minglani:
Mindvalley Quests, Co-Founder

Lim Tzyy Shyong:
Chief Technology Officer

Allison Waksman:
Director of PR

Eni Sefo:
Head of Community

Marisha Hassaram:
Head of Marketing and Communication

Kathy Tan:
Head of Internationalization

Wayne Liew:
Head of Advertising

Agata Bas:
Head of Customer Experience

Laura Viilep:
Head of Global Events

Kadi Oja:
Director of Mindvalley University City Campus

Olla Abbas:
Director of Global Events

Natalia Sloma:
Mindvalley Seminars

Jason Campbell:
Partnerships, Host of Mindvalley Mentoring

Klemen Struc:
Co-Founder, Soulvana by Mindvalley

John Wong:
Technology Architect

Riyazi Mohamed:
Head of Infrastructure and Security

Wong Chee Ling:
Head of Media Design

Shafiu Hussain:
User Experience

Vykitas Glodenis:
Head of Quest Production

Khairul Johari:
Head of Post Production

Nadir Salam:
Head Cinematographer

Grace Look:
Creative Operations Manager

Marta Kondryn:
Head of People and Culture

Eleonora Valenti:
Careers

Jeffrey Perlman:
Strategic Advisor

Rajesh Setty:
Strategic Advisor

Omesh Sharma:
Strategic Advisor
Vision
Extraordinary, fulfilling, happy lives

Mission
To create personal transformation that raises human consciousness

Values

**Lifelong Learning:** At Mindvalley, learning is a lifelong adventure

**Potential:** The Mindvalley curriculum is designed to unleash the fullest potential of your mind, body, and spirit. It’s about being a rockstar at work.

**Health:** Having a healthy, youthful, energetic body.

**Joy:** Experiencing unbreakable joy, love, and fulfillment.

**Love**

**Fulfillment**

**Connection:** Connecting deeply with the people and communities around you. And contributing your unique gifts to the planet. But beyond the tangible, there’s also something else going on beneath Mindvalley’s surface…

**Fun:** Our teachers and students tell us there’s a certain magic in everything we do A sense of fun, joy, friendship, and authenticity. Some have come to call this the ‘Mindvalley Effect’ – and we’d like to think it’s a big reason why many of the world’s greatest teachers, from Ken Wilber to Robin Sharma to Neale Donald Walsch, choose to publish their work on our learning platforms. And why many people consider Mindvalley not just a company or a movement – but a way of life.

**Friendship**

**Authenticity**

**Community:** Group Motivation: Start and End Together -- Community is the key to ultimate growth. Connect and grow with other members and be inspired by their journeys.

**Micro-Learning:** Daily Bite-Size Micro-Learnings -- Our scientifically-backed tools and technology make complicated topics easy to understand and integrate for results.
1. Online Learning

Combine community and daily microlearning to transform you in ways traditional learning never could

Stakeholder(s)

Mindvalley Experts

- The Best Authors, Speakers And Activists — Our experts are living legends; best-selling authors and brilliant minds who know how to inspire and transform.
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Authors

- Lisa Nichols: Motivational Speaker & Influence Expert
- Vishen Lakhiani: Founder of Mindvalley
- Jim Kwik: Accelerated Learning Coach
- Marisa Peer: Britain's #1 Hypnotherapist
- Emily Fletcher: Meditation Instructor
- Ben Greenfield: Biohacker & Fitness Visionary
- Katherine Woodward Thomas: Author of Conscious Uncopling
- Robin Sharma: #1 Bestselling Author & Leadership Expert
- Neale Donald Walsch: Author of the Conversations with God
- Srikumar Rao: Leading MBA Lecturer
- Dr. Shefali Tsabary: Founder of Conscious Parenting
- Steven Kotler: Award-winning Neuroscience Author
- Dr. Michael Breus: The Sleep Doctor
- Michael Beckwith: Spirituality Speaker & Author
- Marie Diamond: Global Transformational Teacher
- Ken Honda: Japan's 'Zen Millionaire'
- Naveen Jain: Entrepreneur and Philanthropist
- Keith Ferrazzi: Bestselling author, CEO & Founder of Ferrazzi Greenlight
- Donna Eden
- David Feinstein
- Alan Watts: The Legendary Philosopher
- Ken Wilber: Author, Philosopher, Integral Theorist
- Jon Butcher: Co-Founder of Lifebook
- Missy Butcher: Co-Founder of Lifebook
- Eric Edmeades: Founder of WildFit, Speaker, Entrepreneur

What is a Quest? Mindvalley Quests is the next step in online learning. Level up your life with a leading-edge curriculum of personal growth programs - or as we call them, Quests - from today’s best teachers. All powered by our revolutionary online learning platform that combines community and daily microlearning to transform you in ways traditional learning never could.

1.1. Mind

Harness your mind to transform your reality.

Upgrade your belief systems and inner programming. Retune your mindset.
1.2. Performance

*Accelerate your rate of growth.*

Design your ultimate life. Do epic work in record time... Master the habits of the world’s top performers.

1.3. Body

*Get in the best shape of your life.*

Heal. Turn back the clock on aging. Get in the best shape of your life, without gruelling exercise or unsustainable dieting.

1.4. Soul

*Connect with the essence of you.*

Explore your inner world. Reconnect with the essence of you. Access infinite inspiration, intuition, peace, and clarity.

1.5. Work

*Uplift the planet with your work.*

Be a legendary leader. Achieve financial freedom. Master the art of persuasion, influence, and public speaking.

1.6. Entrepreneurship

*Design a career of authentic purpose, impact, and fulfilment.*

Discover how to design a career of authentic purpose, impact, and fulfilment.

1.7. Relationships

*Strengthen your relationships with the people who matter most.*

Communicate with greater empathy and compassion. Level up your sex life.
1.8. Kids, Teens & Parenting

Deep dive into different key areas and modalities of parenting. Give your kids and teens the perfect foundation for a lifetime of growth and success.

**Stakeholder(s):**
- Kids
- Teens
- Parents

1.9. Quests

*Stay at the forefront of personal growth and human potential.*

Upcoming Quests — Emerging wisdom. Fresh ideas. Our upcoming Quests will keep you on the forefront of personal growth and human potential.
2. Events

_Experience amazing people, life-changing transformations, and magic moments._

Come Together, Right Now — Experience Amazing People, Life-Changing Transformations, And Magic Moments

At A Mindvalley Event — Mindvalley gives you more than just amazing online programs. You also join a group of special people who are dedicated to improving themselves and their world — while connecting, bonding and having an absolute blast. Mindvalley events are known for creating magic and connections that change the course of your life.

2.1. Mindvalley University

_Experience 1-3 weeks of transformative learning in a university-style setting._

12 JUL - 1 AUG 2021 — Mindvalley University 2021 — Experience 1-3 weeks of transformative learning in a university-style setting alongside 1,000+ tribe from around the globe. Join us (and bring your family) in Tallinn for 100+ innovative workshops, talks, seminars, and amazing networking opportunities. Learn from world-class teachers in personal and business growth to take whatever you are doing to the next level.

2.2. A-Fests

_Gather with change-makers and visionaries who are driven by epic ideas to impact the world._

21 - 24 OCTOBER 2021 — Mindvalley A-Fest — Jordan — Launched in 2010, A-Fest is an event that gathers an extraordinary community of change-makers and visionaries who are driven by epic ideas to impact the world – entrepreneurs, employees, artists, leaders, innovators, visionaries and more. The festival takes place in paradise locations around the world. Here you will receive powerful training, profound mind shifts, bio-hacking techniques, deep and lifelong connections, incredible adventures and unique opportunities to multiply your impact and expand your game. Each A-Fest is limited to 350-400 spots, creating the most intimate yet authentic experience.

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**Administrative Information**

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