

## Position Summary: Mindfulness Facilitator

Location: Greater New Haven, CT (Wallingford)

Compensation: \$75 per session

Schedule: 2 or 4 one-hour sessions per week, across two days

Start Date: September 22, 2025

Duration: 1 year

We are seeking 1-2 compassionate and experienced **Mindfulness Facilitators** to lead small group meditation and sharing sessions for independent older adults. The role involves guiding 2 one-hour sessions one day a week or 4 one-hour sessions across two days with groups of up to 20 individuals participating in a 1-year research study being led by the Harvard T.H. Chan School of Public Health. The small group sessions will be held at Masonicare in Wallingford, CT.

### Responsibilities

- Lead gentle, mindfulness and meditation sessions for older adults
- Facilitate reflective group sharing in a respectful, sensitive manner
- Create a welcoming, peaceful environment that supports deep listening
- Adapt practices as needed to support physical and cognitive needs of participants

### Qualifications

- Experience working with older adults or in eldercare settings
- Proven ability to lead small groups with sensitivity and clarity
- Personal meditation practice and training in mindfulness facilitation
- Familiarity with the Plum Village tradition or participation in a Sangha or similar mindfulness community strongly preferred
- Compassionate communication skills and trauma-sensitive awareness
- Reliable transportation and ability to commit to a regular schedule

This is an ideal opportunity for someone who feels called to offer mindfulness in service to the elderly and values the deep wisdom that can arise in intergenerational practice. This presents an ideal opportunity for an individual dedicated to offering mindfulness in service to the elderly and who appreciates the profound insights that can emerge through intergenerational engagement.

To apply, please send a brief statement of interest and your experience with mindfulness and group facilitation to: [mindingourfuture@hsph.harvard.edu](mailto:mindingourfuture@hsph.harvard.edu).

---

Harvard University is committed to [equal opportunity](#) and [non-discrimination](#). We seek talent from all parts of society and the world, and we strive to ensure everyone at Harvard thrives. Our differences help our community advance Harvard's academic purposes.

Harvard has an [equal employment opportunity](#) policy that outlines our commitment to prohibiting discrimination on the basis of race, sex, ethnicity, color, national origin, religion, disability, or any other characteristic protected by law or identified in the university's [non-discrimination policy](#). Harvard's [equal employment opportunity](#) policy and [non-discrimination policy](#) help all community members participate fully in work and campus life free from harassment and discrimination