



Julia Wilson Coaching

Passion. Possibility. Purpose

REDUCE STRESS THROUGH MINDFULNESS

An 8-Week Online Course in Navigating Stress for
Legal Aid & Nonprofit Professionals



CARE FOR YOURSELF IN THIS MOMENT

This time of political instability, funding uncertainty, and relentless attacks on nonprofits - combined with the emotional weight of fighting for justice - means that legal aid staff, nonprofit professionals, and other changemakers are carrying so much. It can be overwhelming to try to navigate exhaustion, grief, and constant disruption - while continuing to show up for others.

You deserve care, too. This course is designed to offer you mindfulness practices that reduce stress, calm the nervous system, and build your inner capacity to meet difficult moments with steadiness and care.

STRESS REDUCTION WITH PROVEN PRACTICES

This **Mindfulness-Based Stress Reduction** (MBSR) course is the gold standard in mindfulness training, developed at the University of Massachusetts Medical Center. It provides practical, evidence-based tools to better understand your nervous system, meet stress with awareness, and develop sustainable practices that help you stay grounded and centered - even in times of challenge and change.

In this live, 8-week course taught on Zoom, we will practice mindfulness meditation, explore habits of stress and reactivity, and support each other in using these practices to cultivate greater well-being.

WHAT IS INCLUDED IN THE PROGRAM

- **Eight Weekly Online Sessions (2.5 hours each):** Interactive, experiential learning with meditation, mindful movement, and discussion
- **One Full-Day Online Retreat:** A 7-hour Day of Mindfulness (on a Saturday)
- **Daily Practice Tools:** Guided audio and online materials to support daily mindfulness practice (30 to 45 minutes/day)
- **Small Group Connection:** Space to reflect, connect, and learn in a supportive learning cohort of people doing similar work



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WHO IS THIS PROGRAM FOR

This course is designed for staff at legal services, advocacy, and other systems change organizations, government agencies, and public interest law school professionals. No prior meditation experience is needed.

WHAT PAST PARTICIPANTS SAY

“

It was special to come together with the same group of people regularly and to carve out time for my practice. I'm really grateful I took this course!

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Doing this in a cohort of people that reflected the same struggles I had supported me to prioritize my own well-being in a safe, guided space.

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“

This program helped me develop mindfulness practices in a serious but manageable way. My well-being increased, and I feel more grounded and connected to myself and those around me.

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“

Teaches useful tools to navigate stress, trauma, and anxiety, especially for people who work in or identify with communities under siege in this current moment.

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REGISTRATION: \$150

Space is limited. Registration is limited to staff at nonprofits, government agencies & law schools.

To register: <https://juliawilsoncoaching.as.me/MindfulSpring2026>

JULIA WILSON, INSTRUCTOR

Julia is a leadership & team coach and mindfulness & resiliency educator supporting nonprofits across the U.S. She brings a heart-centered approach to mindfulness and well-being, grounded in over 20 years of experience in justice-focused nonprofit leadership. Julia is a Certified Workplace Mindfulness Facilitator through Mindful Leader and is in the final phase of becoming certified as a MBSR Teacher through a training program with Mindfulness Northwest.

A few classes will be recorded and confidentially reviewed by MBSR faculty as part of the final certification process.