

MINDFULNESS FOR WORK AND COMMUNITY CERTIFICATE OF COMPLETION

This noncredit Certificate in Mindfulness for Work and Community introduces students to mindfulness meditation as an applied practice for managing stress, improving focus, and supporting social well-being, connection, belonging, equity, and inclusion in workforce and community settings. Students will learn and practice the foundations of mindfulness meditation and compassion-based practices within social contexts and environments. This includes the awareness of how societal systems, cultural expectations, and group dynamics shape workplace experiences and relationships. Students will gain mindfulness tools to approach work and community roles with presence, clarity, and social awareness. This certificate teaches mindfulness-related soft skills in preparation for a career in healthcare, education, social work, or any people-centered path and can be included on resumes and California's Digital Career Passport. This certificate does not certify students to lead mindfulness meditation sessions.

Code	Title	Units
Required Courses:		
SOCI 601	Mindfulness, Society, and Self	0
SOCI 602	Compassion, Connection, and Belonging	0
Total Hours		32-36

Program Learning Outcomes

At the completion of this program, students will be able to:

- Integrate introductory mindfulness meditation practices to support social well-being in chosen career pathway.
- Apply compassion-based mindfulness practices to the self in a social and workforce context.
- Reflect on the benefits of sociological mindfulness in the workplace and community.