



**Dr. Geoffrey Soloway**

**Founder and Chief Executive Officer**

**MindWell U**

**Victoria, British Columbia**

Dr. Soloway is the founder and chief executive officer of MindWell U and has been creating and researching innovative trainings in the area of mindfulness and well-being for 20 years. In this role, he developed MindWell's core training, the Mindfulness Challenge, which is an evidence-based online workplace training on mindfulness available in English and French. Proudly Canadian, MindWell offers its services coast to coast to coast across Canada working with all sectors of society including corporate, government, healthcare, education and first responders. Dr. Soloway completed a Ph.D. degree and a master's of education degree in the area of teaching, learning and professional development from the University of Toronto.