

TRANSFORMING RACISM FROM THE INSIDE OUT

MEDIA KIT

Ruth King

Advancing racial awareness and
leadership through mindfulness-based
education and group development
programs

WWW.RUTHKING.NET

Ruth King, former organizational development executive, is the Founder of Mindful of Race Institute, LLC, and is a celebrated author, educator, and insight meditation teacher.



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VASCHELLE ANDRE



MINDFUL OF RACE
INSTITUTE™

The Mindful of Race Institute was established to provide leaders with mindfulness-based educational programs that engage the inner work of racial healing and its impact on social harmony.

CLIENTS



TEN PERCENT HAPPIER



STRIVE TOGETHER



MIND & LIFE



IMC WASHINGTON



CENTER FOR EQUITY & INCLUSION

**RACISM IS A HEART
DISEASE, AND IT'S
CURABLE!**



**KING SPEAKS TO THE HEART OF
LEADERSHIP WITH AUDACITY,
AUTHENTICITY, AND JOY.**



SOCIAL MEDIA STATS



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