

Sabrina S. Mahmood

EDUCATOR



Conferred Degrees

1992 Bachelor's of Environmental Design
1999 Master's of Technology in
Construction Management

Commercial Construction Industry Experience
1994 - 2009+

Number

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Portfolio

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Since becoming a mother, I have turned my focus and desire from Construction of Buildings to Nurturing the Heart and Mind of Humanity. Through this journey, I engage extensively in the arenas of Self-Directed Learning, Mindfulness and Nonviolent Communication.

My passion is engaging with young people and showing up with an open, whole-hearted, curious and non-judgmental presence.

Mindfulness

2007 Anderson-Wise Retreat @ Bodega Bay
2008 Jon Kabat-Zinn Retreat @ Menla
2015+ Mindfulness Practice Community of Houston
2017+ Teaching Mindfulness to 7-11 year old Children Using MindUp Curriculum & The Mindful Education Workbook
2018+ Houston Zen Center and Upaya Zen Center
2020 Mindfulness in Schools Project Conference
2020 Varela Symposium for Awareness of Mind
2020 Awakened Women's Conference on Climate Crisis
2020 The Power of Awareness 7-Week Course by Tara Brach and Jack Kornfield

Self-Directed Learning

2016 Education Mastermind Parent Group: Founder
2018-2019 University of Houston: Adjunct Faculty
2019+ Holistic Global Education Community: Founder
2019 AERO Conference in Portland, OR
2019+ Agile Learning Center (ALC) - Tools Practitioner

Compassionate Communication (NVC)

2015-2020 Heights NVC Practice Group
Rotational Facilitator (2018+)
2016 NVC Workshop with Jim and Jori Manske
2018 Taught No-Fault Classroom to Elementary Age
2020 CNVC 2-day Global Conference:
Internal Family Systems, Restorative Justice, Circles, Social Justice.
2020 Connecting with Compassion - Fifth Ward Student Workshop
2020 Peace Factory 2-day Conference for CNVC
2020 David Weinstock 30 day Somatic NVC
2020 VIT Empowered & Alive, Pacific, & Peace Factory