



# Manijeh Motaghy, PsyD, O.M.C.

## Curriculum Vitae

West Hills, CA 91304 ▪ 818.917.0636

[manijeh@perfectlyhere.org](mailto:manijeh@perfectlyhere.org)

<http://perfectlyhere.org>

<https://www.linkedin.com/in/drmanijehmotaghy/>

[YouTube Channel](#)

---

Organizational Psychologist, Trainer, International Speaker, Author, AI Ethics Enthusiast  
Stanford Planet Positive, UCLA Mindfulness Facilitator & Teacher, NYU Conscious Teams &  
Leaders; Intern Supervisor, Lesley University  
Youth Mentee

### Executive Summary:

**10,000+ hours experience teaching, coaching, and training individuals, groups, and teams**

**Designed and taught 700+ courses, events, and workshops**

**Copyright Training Models:** 3D Life Intelligence, Five Stage Human Software Optimization, and  
Mindful Life Optimization, MLO

**Published Author:** It's Not Easy to Be Human: A Compassionate Journey and Guide to

Compassionate, outcome-oriented instructor, trainer, international speaker, and coach dedicated to human development, and optimization utilizing mindfulness in all areas of life and work. Strong teaching ability with a record of creating and delivering innovative, cutting-edge, and effective training sessions, curricula, workshops, and day-long retreats. Skilled communicator and researcher, utilizing data to develop targeted information for a wide variety of clientele and industries including corporations, and educational institutions. Passionate about climate-change and educating people on how to be environmental stewards, helping our planet and future generations to thrive.

### Areas of Expertise

<ul style="list-style-type: none"><li>• Keynote Speaker</li><li>• Curriculum Design</li><li>• Online Courses</li><li>• Needs Assessment</li><li>• Corporate Workshops</li><li>• Strategic Planning</li></ul>	<ul style="list-style-type: none"><li>• Mindfulness Practices</li><li>• Instructional Design</li><li>• Executive Coaching</li><li>• Retreats</li><li>• One-on-One Counseling</li><li>• Systemic Change</li></ul>	<ul style="list-style-type: none"><li>• Teaching &amp; Training</li><li>• Classroom Management</li><li>• Team Development</li><li>• Conscious Employees</li><li>• Conscious Leadership</li><li>• Climate Action</li></ul>
--	--	---

---

### Professional Experience

**FOUNDER, EXECUTIVE/PROGRAM DIRECTOR, SENIOR INSTRUCTOR, 2007-Present**

*Perfectly Here, West Hills, CA*

Design and teach continuous and evolving curricula, customized for various learning and development needs. Developed an array of programs for personal and professional development. Designed a catalog of courses with progressive transformational results. Taught 95 day-long retreats including work-life balance. Oversee other teachers' curricula and effectiveness.

#### **UCLA Mindful Mindfulness Teacher, 2013-Present**

Teach UCLA MARC signature Mindfulness courses including special Mindfulness courses for adults with ADHD (2020-present)

#### **FOUNDER, CONSULTANT, TRAINER, 2001-Present**

*Mindful Business Institute, West Hills, CA*

Create and develop employee training workshops and professional development courses suitable for a wide range of businesses with a focus on mindfulness, conflict resolution, and building a positive work environment while reducing stress and tension, improving focus, morale, and well-being. Gather and assess data on diversity and communication issues to design effective, relevant training and corrective interventions. Communicate directly with program directors and executives to identify areas of need and pinpoint desired results to create individualized, outcome-focused, learning experiences.

#### **Iran Legal Diaspora Mentor: October 2024-Present**

Offering Mindful Life Optimization for personal and professional development

#### **Books & Publications:**

2025            *It's Not Easy to Be Human:*

2025            MKAI Community Book: AI & Humanity, AI Preventative Accountability

2025            Global Ambassadors of Sustainability: [Mimicking Nature's Design for Regenerative Manufacturing and Best Management Practices](#)

2024            [IEEE: Climate Change and Human Algorithms: The Role of Mindfulness in Planet Positive 2030](#)

2024- present      Blogger on IEEE, Planet Positive 2030

2014-2016        Blogger on the Huffington Post

2007-present      Blogger on Perfectly Here

Psych Central: The Best Meditation Strategies for ADHD

<https://psychcentral.com/adhd/adhd-meditation#research>

#### **Presentations/ Speaking Engagements/ Interviews & Podcasts:**

1. Global Woman, Aug 2025
2. [Caux Palace Initiatives of Change: Inner Development Goals Forum: How to Accomplish the IDGs](#), August 2025
3. [Global Woman Magazine Interview: Mindful Leadership](#), May 2025
4. [14th International Talks, Green Business, Sustainability and Climate Action: Ensuring Sustainability by Optimizing Human Development](#), March 2025
5. [Global Woman Club: Mindful Life Optimization for ADHD](#), Dec 2024

6. [Life Optimization Summit Interview: What Life Mastery Can Heal and Optimize Humanity](#), Oct 2024
7. [Humanity In Flow Podcast](#), 2025 ongoing
8. [CanvasRebel Magazine: Meet Dr. Manijeh Motaghy](#), Jan 2024
9. Mind Monologues Podcast: Fear Anxiety, Grief and Loss, Jan 2024
10. [Iranian Legal Diaspora: Personal and Professional Development: Building Self-Confidence and Resilience in Advanced Times](#), Nov 2024
11. [Amazon Prime Is Mindfulness Right For You](#), 2023
12. [IEEE 9<sup>th</sup> World Forum on Internet of Things: Human Design in the Age of AI Literacy](#), Oct 2023
13. [Presently Aqui: Practicing Self-Compassion as You Delve into Every Facet of Your Consciousness](#), June 2023
14. [Centered in The City Podcast: Understanding Our Inner Software](#), June 2023
15. [MASTERY CIRCLE INTERNATIONAL - The Mindful Happiness Hack and the Urgency to Cultivate 3-Dimensional Life Intelligence](#), June 2023
16. Leslie University - Community of Scholars 2023: Our World in 2D, 3D, and Beyond Conference, (Insights about In-Person Retreats), March 2023
17. Brandeis Ladies Group – Mindfulness in Relationships (in-person), March 2023
18. Martin Luther King’s Day: How to Revive and Realize MK’s Dream & Vision (in-person), Feb 2023
19. [UCLA Mindful: Mindfulness for Adult ADHD](#), Feb 2023
20. [ThinkTech Hawaii Podcast Interview: Getting Happiness is A Never-Ending Battle](#), Nov 2022
21. [Optimize Your Life Summit – The Three Dimensions of Life Intelligence](#), July 2022
22. [The Kassan Group: Changemaker Showcase](#), July 2022
23. [Women in AI \(MKAI\) – Emotional Intelligence, Life Balance](#), May 2022
24. [Mindful Movement Documentary: Moderated Q&A with the Director and the Cast](#), 2021
25. [Sacred Healing Summit: Self Compassion Grieving](#), 2021
26. [CSU Channel Islands News Center: Mindful Business Expert](#), 2020
27. LAUSD: Work/Life Balance (in-person), 2020
28. [Integrating Mindfulness for Elderly Care-givers](#)
29. Walt Disney Imagineering, Research & Development, Presentation led to deliver Mindful Employee 6-week workshops (in-person), 2019
30. [Huffington Post: Mindfulness of Cultural Differences Balancing Relationships](#), 2015,
31. [Keynote Speaker at Glendale College: Empowering Students at CALWorks Graduation Ceremony](#), 2015

#### **Sample of Course/Workshop Design and Delivery, 2007-2024**

1. Designed and delivered 125 Day-retreats
2. Designed and taught 8 consecutive years evolved program – From Dharma to Life Intelligence
3. Tarzana Treatment Center: [6<sup>th</sup> Annual Promising Practices: Dealing With Discussion](#)

4. Created and teach Mindfulness for ADHD through UCLA MARC - eight course program
5. Experienced in teaching Online to a variety of audiences globally
6. Delivered MARC UCLA signature six-week courses MAPS (I and II) **400+ times**
7. Designed and delivered 12-month professional development program, Awakening Through Mindfulness to Your Magnificent Self
8. Designed and delivered 70+ Beyond Mindfulness (Deepening) Courses
9. Created innovative professional and personal development program Mindfulness to Strengths Finder 2.0, delivered to Chapman School of Law,
10. Created innovative professional and personal development program Mindfulness to Strengths Finder 2.0, delivered to five departments at Health Net of California
11. Created innovative professional and personal development program Mindfulness to Strengths Finder 2.0, for private clients
12. Lead weekly Mindfulness sessions for Mindful Valley,
13. Lead weekly Mindfulness sessions for Motion P&T Fund Hospital (one year)
14. Lead weekly Mindfulness sessions for GLEH (one year)
15. Lead weekly Mindfulness sessions for WeSpark (3 years)
16. Coordinated and delivered 100 day-long and half-day Mindfulness retreats
17. Designed and Co-Facilitator Work-Life Balance Retreats: Integrating Mindfulness into Personal Accountability
18. Produced and implemented AIM model and training for executives with ADHD
19. Presented Mindfulness at the Promising Practices International Conference at CSUN.
20. Designed and delivered **Mindful Employee** workshop for the Development Department at CSU Channel Island
21. Targeted training for a wide variety of clientele including, but not limited to:
22. Girl Scouts of America
23. Phillips Graduate Institute
24. Southern California Pharmaceutical & Biotechnology
25. American Society of Training and Development
26. Highland Hall Walden School, Chapman School of Law,
27. The Whole Child – LA
28. East Lion Realty & Mortgage

## **Professional Accomplishments**

### **Copyrights:**

1. Five-Stage Human Stuck model (SMADE)
2. 3-Dimensional Life Intelligence model
3. Five-Stage Human Software Optimization Modality
4. Mindful Life Optimization (MLO)
5. Circular Anxiety Economy model

### **Other Tools & Models**

- COMAND™ -Leadership & Strategic Model
- TOP - The Optimize Program
- Avoiding Communication Pitfalls
- AIM for adults with ADHD

- ME - Mindful Employee Programs for Staff and Leadership
- STACK – Mindfulness tool
- COST Model – Problem Solving Tool
- Business X-Ray – Business Analysis Tool
- The Cycle of Professional Excellence Model
- PAM – Preventative Accountability Model

#### **Other Publications:**

- Writers' of Distinction, The 2003 President's Awards for Literary Excellence, Iliad Press
- Heart Songs, Poetry & Prose, Iliad Press

#### **Service & Committees:**

- Regularly contribute to AI Ethics & Imperative, MKAI
- Regularly contribute to Green AI, MKAI
- Intern Supervisor for Mindfulness Master's Degree student at Lesley University
- Contribute to Global Methodologies and Workforce Opportunities for the Planet Positive 2030 Projects at Stanford & IEEE
- Reviewed and scored 17 Freshman Alumni Scholarship Applications for admission to UCLA
- Founded and facilitates Perfectly Here Connection-Hour: Nurturing a Wise Compassionate Global Community (28 times)
- Offered countless hours of teaching and training to the community at no cost

#### **Awards:**

- National Author's Registry, President's Literary Excellence Award (2004)
- Who's Who? Among Students of American Universities & Colleges Award, CSU Channel Islands (2006)

**Digital Skills:** Zoom & Google Meets, Google Drive/Doc/Calendar/Sheet, Social Media, Word, Excel, Power Point, Outlook, Quick Books Pro, All Data Management, Zoho, Canva, ChatGPT, etc., etc.

#### **Board Activity & Memberships:**

- Global Woman Club, 2004-Present
- MKAI Think Tank, 2001-Present
- Perfectly Here Executive Director, President of the Board (2007 – present)
- International Mindfulness Teachers Association (2017 - present), member
- BNI, Business Network International (2011 – 2015)
- President & Board of Director, Phillips Graduate University, Alumni & Friends Association (2010 - 2014)
- CSUCI Alumni & Friends Association – VP and Strategic Planning Committee Chair (2004 - 2010)
- CSUCI Presidential Commission on Human Relations, Diversity, and Equity member (2004 – 2005)
- Rotary International Club

---

## EDUCATION

**Organizational Psychologist**, Phillips Graduate Institute, 2008

**Bachelor of Art in Psychology**, CSU Channel Islands, Camarillo, CA, 2005

**AA in Fashion Design**, FIDM, CA. 1996

### Certifications & Processional Development

- InnerMBA, 3 Certifications from New York University, 2021
- 501C3 Non-profit status, 2015
- Affiliate MAPS Teacher, UCLA Mindful Awareness Research Center, 2014
- Ethic's Training Certificate - UCLA, 2013
- Certified Mindfulness Facilitator, UCLA Semel Institute of Behavioral Sciences, 2013
- Mastership Facilitation Training - IMPAQ, 2011
- Rapid Culture Change, Employee Involvement – Boeing, 2008
- Leadership Training Certificate - IMPAQ, 2011
- Authorized CEU Provider – Board of Behavioral Sciences 2009-2012
- Ongoing Mindfulness and Mind Management Training
- Presentation/ Facilitation Skills
- Coach Training, Fund-raising/Relationship Building,
- Toastmasters
- 15+ years of practice and training in Mindfulness, Buddhist teachings & Conscious Living

## TRAINING RECEIVED AND IN PROGRESS

2025	10-day silent retreat, Ajahn Pasanno, Amaravati, England
2024	8-day silent retreat with Bhante Amirasiri, Canada
2023	10-Day Silent Retreat with Abhayagiri
2022	10-Day Silent Retreat with Abhayagiri
2021	4-day Retreat with Diana Winston on Awareness Practices
2020-22	InnerMBA through Sounds True Certified Degree by NYU
2014 – 2024	seven-days dharma & meditation at Abhayagiri (annually)

2014 12 months with Trudy Goodman, the Guiding Teacher at InsightLA, DPG  
 2014 Day-long Retreat with Venerable Panavati  
 2014 Authorized UCLA MAPS course teacher training  
 2013 10 Day Silent Dharma and meditation at Angeles Center  
 2013 7 Day Dharma and meditation at the Abhayagiri  
 2013 Mindfulness Facilitation Certification from UCLA, Mindful Awareness Center  
 2012 Day-long Retreat with Rumi Rooms, Palos Verdes, CA  
 2012 2-day retreat with Will Kabat Zinn, Insight LA  
 2011 6-months CORE Advanced Buddhist Class, Daniel Davis, West Hills  
 2011 Day-long retreat by Thanissaro Bhikkhu, Los Angeles, CA  
 2010 Day-long Sunlun Retreat  
 2010 12 months Advance Buddhist Class, Daniel Davis, West Hills, CA  
 2009 –2023 (four 10-day Silent Retreats/annually)  
 2009-12 14-Day mindfulness & Dharma practice at the Abhayagiri Monastery  
 2007-2012 18 Basics of Mindfulness Course – Mindful Valley  
 2008 10-Day Silent Monastic Retreat – Angela Center, CA  
 2007 One Day Mindfulness Retreat – Insight LA  
 2007-2013 Mentored by Daniel Davis on Buddhist teachings  
 1994-present Yoga, Mindful Living