



Hello ALDE!

I'm Meico Marquette Whitlock.

I'm a speaker and trainer on mindfulness and technology. I help you live a more balanced life in a digital world.

Nice to meet you!

I've served the non-profit and public sectors for nearly two decades by connecting people, information, and technology in ways that promote wellness and lasting social good. I'm based in the Washington, D.C. area and travel domestically and internationally.

As a *speaker and trainer*, I help purpose-driven professionals and organizations integrate purpose, intention, and mindfulness into their day-to-day work in order to increase employee satisfaction, productivity, and work-life balance, and more effectively advance organizational missions and priorities.

I share from the depth of my personal experience through my thought leadership as a speaker and workshop facilitator with organizations and individuals invested in living full, whole, integrated, and balanced lives.

I've been interviewed by ABC News, served as a guest lecturer at Tufts School of Medicine, and have been a featured speaker on the main stage at events such as the Nonprofit Technology Conference. I'm also currently completing more than 300 hours of training to be a certified facilitator of trauma-informed mindfulness for underserved communities.

I'm the creator of *The Intention Planner*, a 90-day planner for purpose-driven high achievers and organizations who want to have a positive impact on the world without burning out and being overwhelmed or distracted by all the technology in their lives.

As a *speaker and trainer*, I help you reclaim your life from digital distractions, news and information overload, and work-life imbalance so that you have time to live a more fulfilling and productive life while at work and at home.

In my previous career, I was a communications director and non-profit techie focused on leveraging information and communications technology to improve the health of underserved communities.

Examples of topics covered in my talks and trainings include:

- Reclaiming Your Time from Digital Distraction and News & Information Overload
- Mastering Work/Life Balance in a Digital World
- How to be a Mindful Leader and Social Change Agent

**"MEICO - I THINK OF YOU EVERY DAY
NOW AND ALWAYS FIND SOMEONE'S
BEAUTIFUL PICTURE ON INSTAGRAM AS A
REMINDER TO FIND SOMETHING BEAUTIFUL
AND SLOW DOWN :)**

**AMY SAMPLE WARD
C.E.O.
NTEN: THE NONPROFIT TECHNOLOGY NETWORK**

**"SUCH A GOOD TALK! MINDFULNESS
PRACTICES CHANGED MY LIFE, SO
IMPORTANT TO KEEP IN MIND.**

**KATY MCINTYRE
ONLINE MARKETING COORDINATOR
YEEBOO DIGITAL**

**"MEICO YOUR IGNITE [TALK] WAS SO
AWESOME!!!**

**MADDIE GRANT
DIGITAL STRATEGIST
WORKXO**