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Sunish Mehta

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Sunish is the Founder of Mindful-CPA and has over 25 years of experience in Advisory and Assurance services. His professional experience includes working with EY, PwC and IBM Global Business Services. He has been involved in leading training courses for CPA firms nationally and globally for over 15 years in fields of Auditing, Leadership & Management and Mindfulness. He has led training for firms based in India, The Philippines and China among others.

Sunish has delivered several courses on Mindfulness for professional audiences via webinars, webinar series, in person workshops and the well know Busy Season Mindfulness Programs since 2020. He has studied under and worked with world renowned mindfulness teachers including HH The Dalai Lama, Robert Thurman, Craig Marshall, Sharon Salzberg, Jon Kabat Zinn among a few.

Sunish has also taught for the UCLA Certification Program in Accounting where he was an adjunct lecturer for several years. He graduated with a B.S. in Business Administration from California State University, Northridge and has an Inner MBA from New York University. He is a CPA and CGMA and is licensed to practice in California and New Mexico.