

JG Larochette, Founder and Executive Director

JG is a graduate of Saint Mary's College in Moraga, where he received his B.S. in Psychology and was a 4-year scholarship player on the baseball team. After graduating from SMC, he felt a deep desire to work with children. At age 22 he was hired to work as a Site Coordinator for Sports4Kids (now Playworks) at Laurel Elementary in Oakland and then Coronado Elementary in Richmond. In these early years he built a strong connection with the communities he served, and was focused on equity and creating a safe, fun, and engaging playground. After seeing immediate results on the playground and in seeing the affect it had on the school climate, he enrolled in the WCCUSD intern-credential program through Cal State University East Bay.



He received his Bilingual Teaching Credential, and was highly motivated to bring the fun back into learning. His work in and out of the classroom was driven by the need to have high expectations for his students, and guide them into being leaders around the community. He built an invaluable relationship with the students, families and community. During this time he started to implement culturally relevant pedagogy, with an emphasis on the social-emotional aspect of the students.

In the last few years he has created curriculum and programs that specifically reach students who need guidance into building resiliency, self-esteem, and empowerment. This built a strong passion to support students who have been caught in a negative cycle of behavior and discipline problems. He recently was trained by Mindful Schools and received his mindfulness teaching certification.

JG brings a passion for equity, social justice, peace, and community unity. He is honored to have opportunities to work with schools, students and families. In creating Mindful Life Project he wants to help provide a space where all students feel valued, empowered and loved.