

JEFFREY MINCE

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Experience

- **Punk Monk Works Positive Psychology Coaching 2021 - Present**
(Los Angeles CA, NYC, International)
- **Studio Recording & Touring Drummer 1990 – Present**
(Denver CO, Los Angeles CA, NYC, International)
- **Buddhist Psychology & Philosophy Teacher 2009 - 2015**
(Los Angeles CA, Boston MA, Providence RI, New Bedford MA, International)

Notable Musical Associations:

- Nina Hagen (1999 – 2008) BIEM Mécanique Recordings
- Josie Cotton (2006 - 2008) Scruffy Records
- Ralph's World (2006 - 2008) Walt Disney Records
- Ghattoblaster (2002 - 2006) Elektra Records, Downtown Records
- Blood of Abraham (2005) Atomic Pop Records
- Tyler Hilton (2004) Maverick Records

Notable Associated Producers & Engineers

- Eric Valentine
- Geza X
- Wayne Kramer
- Jacquire King
- Ingo Kraus
- Reinhold Heil
- John Greenham
- Michael Frondelli
- Jim Wirt

Mechanic Music 2018 - Ongoing (Denver, Los Angeles)

- Creator, founder, and producer of Mechanic Music and all related creative endeavors.

Private Music Educator 2015 - Present (Denver, Northern CO)

- Jeffrey Mince Music - Privately Managed Commercial Teaching Studio

Ordained Buddhist Monk & Resident Teacher 2009 – 2014 (Boston MA, Providence RI, New Bedford MA)

- Resident Teacher at Serlingpa Meditation Center (New Bedford MA), Atisha Kadampa Meditation Center (Providence, RI), Serlingpa Boston Meditation Center (Boston, MA)

Nina Hagen Band Drumset Player & Sound Designer 1999 – 2008

- (Los Angeles CA, Berlin Germany, International)
 - Toured internationally playing festivals, clubs, stadiums, and TV shows
 - Sound design for live performances
 - Studio drums and sound design for the 2000 album "Return Of The Mother"

Education

- **Certified Positive Psychology Coach - 2022**
 - Positive Acorn – Robert Biswas-Diener Mentor Trained
- **International Coaching Federation Member -2021**
 - Practitioner of ICF Ethics and Standards
- **Vipassana Buddhist Meditation - 1999 - Ongoing**
 - To date, have completed eleven ten-day silent meditation immersive retreats
- **Int'l Kadampa Buddhist Union - Teacher Training (Ulverston UK) 2011 - 2014**
 - Buddhist Teacher Training
- **NKT Int'l Buddhist Temple - Teacher Training Program (Glen Spey NY) 2010**
 - Buddhist Teacher Training
- **Khandakapala NKT - Teacher Training Program (Los Angeles CA) 2004 - 2009**
 - Buddhist Teacher Training
- **University of Colorado Denver 1989 - 1990**
 - Music Performance
- **University of Northern Colorado 1986 – 1989**
 - Music Education and Performance