

PINGPING WORAKATE

CEO - WORLD PEACE INITIATIVE FOUNDATION

Ping Ping (Worakate) has studied the power of the mind and “Center of the Body Technique” at the Buddhist temple in Thailand since the age of 12 when she got a deep insight into its secret. Her desire towards learning Buddhist teachings as a way of life has developed along the way until she had a chance to meet, converse, and attend different classes with a renowned senior monk, Dhammajayo Bhikkhu, that awakens her aspiration to share this knowledge and practice as a life-hack tool to everyone in world.

Beyond her Imagination

Ping Ping pioneered in developing a free online learning platform which is a new paradigm shift intent on redirecting and refocusing our priorities from an outward search to an inward quest designed to discover self-sustaining happiness, peace

and well-being. This initiative gained big interest after launch in 2010 as it brings an essence of Oriental Philosophy into applicable and logical practice regardless of religion, education, and nationality. Presently, this online program called “Peace Revolution” has over 120,000 registered members from 200+ countries.

30-year of Commitment

Through her 30-year of determination to excel in meditation and mindfulness, she is one of the mind-blowing trainers who offers a variety of workshops in following areas such as stress and burnout, work-life balance, mental wellbeing, emotional intelligence, leadership and empathy, positive mindset and productivity, and more to people from all walks of life.

A Better ME Journey

Her tireless effort in training people results in a network of Meditation Teachers and Volunteers from over 100 countries who have become role models in their communities where they share real life experiences of how to develop a peaceful mind, a positive mindset, and good habits which lead to healthier and happier lifestyles. Furthermore, in 2019, Ping Ping brought about a unique self-help diagram called “A Better ME Model” to support the transformation towards a Better Self in a systematic way.



Enlightening the World

Her passion to share the ancient wisdom of the East never ends. With the latest technology of mobile application, she initiated “EnlightenMe App” during the widespread of COVID-19 pandemic. Working from the spiritual asylum for three months helped her deeply reflect on different dimensions of life from body and mind to relationship and wealth, and beyond. She is confident that her actions will enlighten the world from chaos to calm, from sorrow to happiness, from hatred to love, and from fear to courage