

Jon Macaskill, Navy SEAL Commander (Ret.)



Jon Macaskill (muh-KAS-kill) is a retired Navy SEAL Commander turned mindfulness and meditation teacher. He was born in South Africa and moved with his parents and 4 siblings to the US when he was 7. He grew up in Ruston, Louisiana where he was an avid track and cross-country runner.

After graduating high school, he served briefly as an enlisted sailor in the Navy before receiving an appointment to the US Naval Academy. He has his BS in Mathematics and MS in Operations Research.

Jon has served in Iraq, Afghanistan, off the coast of Somalia, and in Panama. After retiring, he served as the Deputy Executive Director and podcast host and producer for Veteran's PATH, a nonprofit organization that works to introduce meditation and mindfulness to veterans to bring them a sense of Peace, Acceptance, Transformation and Honor.

He now does keynote speaking engagements on developing leadership, grit, and resilience at the individual and organizational levels. He also owns his own mindfulness consulting company, Macaskill Consulting, LLC, bringing mindfulness and meditation to high performing teams to aid in dealing with stress, anxiety and depression all while increasing focus, creativity, and productivity.

Jon's wife, Beka, also served in the Navy and is now a civilian Orthopedic Physician Assistant. Together, they are the proud parents of two, soon to be three, small children and recently after an adventurous 6 months as a family in an RV, they have settled in Colorado Springs.