

---

Knitting and Mindfulness for Trauma Recovery

# Top Global Roles Unlocked by Knitting and Mindfulness for Trauma Recovery

---

Share of global live vacancies — Source: LinkedIn Economic Graph, Glassdoor (Global), Indeed Hiring Lab (2026)

Mindfulness Coach: 25

Trauma Recovery Specialist: 20

Wellness Program Manager: 18

Mental Health Therapist: 17

Yoga and Mindfulness Instructor: 20