Kindlins are a small family of FERM-domain containing cytoplasmic proteins, which are essential in regulating cell adhesion and migration. In humans, there are three kindlin paralogs, namely kindlin-1, -2, and -3. Their importance and functional non-redundancy are underscored by diseases such as Kindler Syndrome, Leukocyte Adhesion Deficiency III, and cancer. Although kindlins are well established cytoplasmic activators of integrins, there are still many areas of unknown relating to kindlin regulation and additional roles of kindlins aside from cell adhesion. In this presentation, I will discuss our findings on the regulation of kindlins and their roles in mitosis.