

Smiling Mind is Australia's leading not-for-profit in the preventative mental health space. Clients who invest in our Workplace Program, not only invest in their employees' wellbeing but help support our mission 'to provide accessible, life-long tools to support healthy minds' through our school education program.



Smiling Mind Premium Workplace App

- Incorporate mindfulness into your day with Smiling Mind
- Modules developed by leading Organisational Psychologists
- Get access to videos, meditations and practical exercises
- Benefits of mindfulness include increased positivity, clearer thinking, building a positive work environment, increased self-esteem – and more!

YOU HAVE EXCLUSIVE STAFF ACCESS

The Smiling Mind 30 Day Challenge



The perfect pressure-free way to start your mindfulness practice



Get a group together & start the challenge!

1. Download the Smiling Mind App
2. Sign up with your work email
3. Click 'Explore' > 'At Work' 

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Mindfulness app in Aus

TOP 10

Apple health apps 2018

