



# Supporting educator wellbeing & mental fitness

---

Empowering school leaders  
and educators to thrive

**Smiling Mind** | Educator Wellbeing





# Whole school wellbeing is supported by mentally fit educators

When educators are supported, the impact trickles down directly into student wellbeing. Positive educator wellbeing creates a school environment that fosters success, creativity and good student-teacher relationships.

Smiling Mind is a thought leader in mental wellbeing, with over a decade of experience in creating impactful, evidence-informed programs to help every mind thrive.

As Smiling Mind is a 100% non-profit, when you invest in our Educator Wellbeing Workshops, you not only support the educators in your school, you help support our mission to provide accessible, life-long tools to support healthy minds.





# Mental health in education environments

## What is the landscape of mental health in education?

Teachers are experiencing far higher symptoms of stress, anxiety, and depression when compared to the general population.

<b>52%</b>	of teachers reported moderate to extremely severe symptoms of depression	Compared to 12% in the general population.
<b>46%</b>	of teachers experienced symptoms of anxiety	Compared to 9% in the general population.
<b>60%</b>	of teachers experienced symptoms of stress	Compared to 11% in the general population.



**7 in 10**

(70%) of teachers report having unmanageable workloads.



**Over 1 in 3**

(77%) educators said they had teacher shortages in their schools at the moment.



**One quarter**

(25%) of educators reported regularly teaching classes outside of their area of training

## What does this mean for schools?



### Disrupted learning environments

Due to higher rates of educator absenteeism.



### Burnt out educators

As a result of unmanageable workloads.



### Teacher shortages

Leading to educators regularly teaching classes outside their area of training.

**Teachers with high levels of wellbeing tend to experience lower levels of stress and burnout**



# The benefits of supporting educator wellbeing in schools

Research has shown that supporting educator wellbeing leads to the following outcomes in schools



## To the school



Improved student-teacher relationship due to increased educator presenteeism



Reduced educator absenteeism leading to less disruptions in the learning environment



Better student wellbeing & lower student psychological difficulties



A positive, creative environment for educators and students



Supports staff with existing mental health conditions

## To the educator



Increased attention & awareness



Stress management skills & increased resilience



Clearer, more focused thinking



Healthier, more fulfilling interpersonal connections



Increased positive emotion, life satisfaction and self-esteem beyond the workplace

# How to get started

Select the best package for your school

## Premium app

- ✓ 12-month premium Workplace App Membership (including launch resources)

### Why?

Access to our Premium Workplace App gives your school's educators a tool to use anywhere, anytime to support their own mental health. The workplace specific content has been developed by leading organisational psychologists for fast-paced work environments.

## Workshops

- ✓ Choose from a range of workshops designed to enhance the wellbeing of educators in the school environment

### Why?

The collection of Educator Wellbeing workshops offers best-practice mental wellbeing support. Workshops provide practical tools to improve stress management; bring clarity and focus to thinking; enhance attention and awareness skills; build interpersonal connections; and support better sleep.

## Build your own package

- ✓ 12-month premium Workplace App Membership and your choice of workshop/s

### Why?

Evidence shows that using the premium app to complement Smiling Mind's offering of wellbeing workshops helps to create long-term, sustained benefits. App content works to support and bolster learnings from the workshops and establish a more mindful, calm mindset in day to day life.

Learn more about the collection of workshops on page 7.

Find pricing and package details on page 8.



# Premium App Subscription

Provide your educators with access to workplace-specific content in our award-winning app. The program is developed by leading Organisational Psychologists for today's fast-paced working environment.

Evidence shows that using the premium app to complement Smiling Mind's offering of wellbeing workshops helps to create long-term, sustained benefits. When educators use the app regularly, it can support and bolster workshop learnings and establish a more mindful, calm mindset in day to day life.

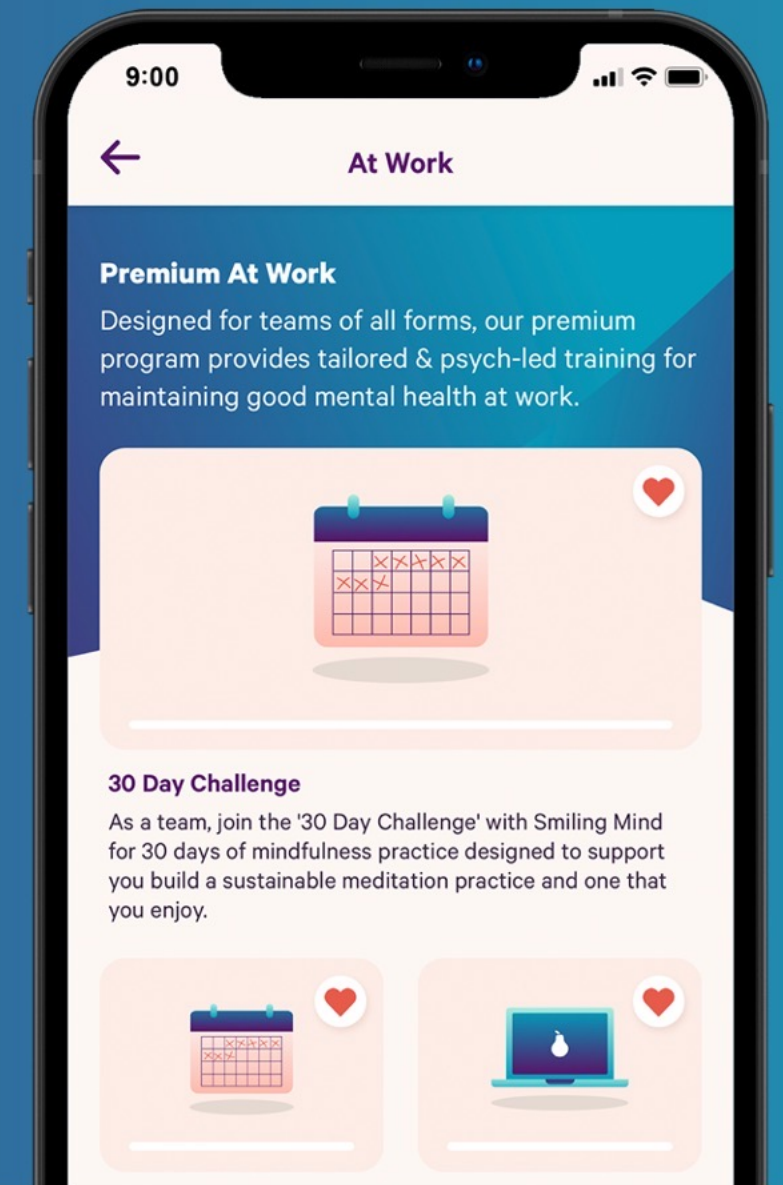
The Premium App is available as a 12 month subscription.

#1

Mindfulness App in Australia

TOP 10

Apple health apps 2018



## Premium Membership offers:

- Ability to access redemption rates, and a halfway usage check-in
- Dedicated Workplace Consultant to support implementation
- 24 hour access via mobile app or desktop
- 40+ additional pieces of premium content, including guided meditations, video and audio exercises & 30 Day Challenge program
- Content focused on stress, sleep, concentration, managing change and leadership

7.8M

App users

“

It helps me switch off all the thoughts roaring through my head, and has definitely improved the quality of my sleep.



APP USER

“

35 year old man here. Struggled with mental health over time. This app has played part in getting on top of my anxiety and depression.



APP USER



# Workshops

Your team will begin by taking part in the foundational Mindfulness Essentials 60-minute workshop. You can continue your team's mindfulness program with further sessions to explore other key areas of workplace wellbeing.

Your dedicated Education Consultant will work with you to meet your team's ongoing needs. Learn about the goals of each workshop.



## Explore the Smiling Mind Educator Wellbeing Workshops

**1.**

### **Mindfulness Essentials**

**Focus:** Mindfulness Knowledge

Increase wellbeing through mindfulness practice. In this workshop educators learn ways to harness the benefits of mindfulness practice and utilise this practice in a school environment through evidence-backed strategies.

**(60 mins)**

**2.**

### **Calm**

**Focus:** Stress Management

Bring a sense of calm to work and life even when things get hectic. This workshop teaches educators how to ride the wave of stress and effectively manage emotional responses with mindful mindsets and practices.

**(60 mins)**

**3.**

### **Clarity**

**Focus:** Focus & Attention

Enhance focus, performance and innovation. In this workshop educators learn how to reclaim mental capacity, bring clarity to thinking and reduce feelings of overwhelm by developing attention and awareness skills.

**(60 mins)**

**4.**

### **Connection**

**Focus:** Relationships, Culture, Leadership

Strengthen connections with colleagues to bring energy and satisfaction to each day. This workshop is all about enhancing work relationships, self-compassion & teamwork to improve quality of life both in and out of work.

**(60 mins)**

**5.**

### **Resilience**

**Focus:** Flexibility

Improve adaptability and emotional management in the face of challenges and uncertainty. In this workshop, learn how to develop your psychological flexibility and use mindfulness as a foundation for building your resilience.

**(60 mins)**

**6.**

### **Sleep and Work Recovery**

**Focus:** Rest

Understand the role of mindfulness in sleep and work recovery. Learn practical tips for better quality sleep at night and more effective recovery from the pressures and demands of work.

**(60 mins)**



# Pricing

Smiling Mind will work with you to create long-term and sustained benefits for your school leaders and educators. We have a wide range of offerings to support educator wellbeing.

## Premium app

- ✓ 12-month premium Workplace App Membership (including launch resources)

## Subscription Pricing

(team size)

20-99	<b>\$2,200</b>
100-499	<b>\$6,050</b>
500-1500	<b>\$11,000</b>

## Workshops

- ✓ Mindfulness Essentials Workshop
- ✓ Calm Workshop
- ✓ Clarity Workshop
- ✓ Connection Workshop
- ✓ Resilience Workshop
- ✓ Sleep & Recovery Workshop

## Pricing

**\$2145**  
per workshop

## Building a package

Create a bespoke educator wellbeing package that directly addresses the challenges and goals of your school environment. Choose your app subscription size and a combination of workshops (We suggest to start with the Mindfulness Essentials Workshop to set up a solid Mental fitness foundation).

### 1. App + workshop

**Price starting at \$4,345**

Price is for 20-99 premium app subscriptions and the Mindfulness Essentials Workshop

### 2. App + 4 workshops

**Price starting at \$10,780**

Price is for 20-99 premium app subscriptions, the Mindfulness Essentials Workshop plus 3 additional workshops

### 3. App + 6 workshops

**Price starting at \$15,070**

Price is for 20-99 premium app subscriptions plus the comprehensive workshop collection

\*Prices are for virtual workshops of up to 500 attendees. In-person or recorded workshops can be purchased at an additional cost.

\*\*Figures mentioned include GST.



# Thank you

---

**Smiling Mind Education Team**

✉ [education@smilingmind.com.au](mailto:education@smilingmind.com.au)

---

**Smiling Mind is a not-for-profit organisation here to help every mind thrive with digital-first tools, resources and education.**

---

**We acknowledge Australia's first peoples and the Traditional Custodians of the various lands and waters of Australia. We acknowledge this and pay our respects to Elders past and present.**

---

Visit us online or download the free app to get started.

