



Education Edition



Protect and Empower Your Team

The Mindarma Education Edition has been created specifically for teachers and principals. Discover how this evidence-based e-learning program protects mental health, builds resilience and equips educators with essential psychological skills.

Over ten short interactive sessions, learners will:

- experience the benefits of mindfulness with simple guided exercises
- learn a range of cognitive and compassion strategies to manage difficult thoughts, emotions and times of high stress
- create a personal plan of action to prepare them for the toughest days on the job

Mindarma is already supporting thousands of workers as they perform some of the world's most challenging roles. Discover how this award-winning program can protect and empower your education team.

Find out more at mindarma.com or contact info@mindarma.com to request a complimentary trial.



Mindarma program features

Engaging evidence-based content

Mindarma offers ten short, interactive sessions (15 minutes each) featuring animated content, quizzes, games and guided mindfulness exercises. The Education Edition was created by leaders in workplace mental health, following consultation with teachers and principals worldwide. Mindarma utilises mindfulness, cognitive strategies and a range of other evidence-based therapies which are known to bolster psychological wellbeing and resilience.

Anywhere, anytime convenience

Mindarma is available on computer, tablet or smartphone, enabling educators to access the program whenever is most comfortable or convenient for them.

Powerful guided mindfulness exercises

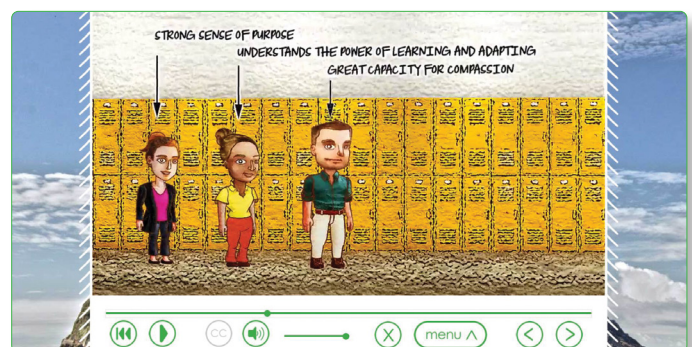
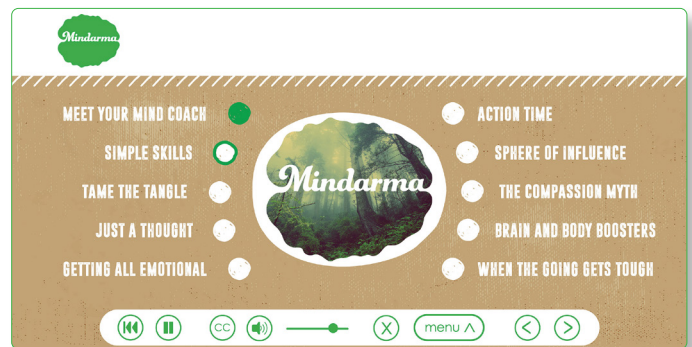
Regular mindfulness practise has been shown to deliver a wide range of psychological benefits. Mindarma contains a selection of guided mindfulness exercises to help users learn and engage with this practise. For easy ongoing use, learners can access the Mindarma companion app or download audio tracks directly to their own device.

Bonus learning material

Our Brain Food section provides a large library of expert-curated content related to resilience and other topics covered in the program. Learners gain access to videos, articles, book recommendations, research findings and a range of other materials. In the Mindarma companion app, learners will also discover inspirational quotes, guided mindfulness tracks and stories of real resilience in the Mindarma podcast.

Ongoing learning and motivation

To maximise the benefits of the program, we use a range of methods to inspire ongoing learning. New material is frequently added to our Brain Food Section and email newsletters encourage learners to explore the freshest content. Fun reminder emails prompt learners to regularly return to their training and certificates of completion are issued to those who complete all ten sessions.



Proven to protect

Developed for the most challenging work environments, our online resilience program has been evaluated via a world-first cluster Randomised Controlled Trial with 143 full time Australian firefighters.



Compared to the control group, at 6-month follow up firefighters who received the program were found to have significant improvements in:

- adaptive resilience (as measured by the CDRISC_10)
- mindfulness
- optimism
- active coping. i.e. more likely to reach out for advice and support from others

You can download and read the full paper [here](#).

Why target resilience?

- Targeting resilience is a proactive, preventative strategy.
- Greater resilience is associated with increased levels of wellbeing and lower levels of stress, burnout, anxiety and depression.
- Among high risk occupations (i.e. high-stress roles such as first responders, teachers and frontline health workers), high resilience has been associated with lower symptoms of trauma and depression.
- Resilience is a malleable factor. By equipping workers with evidence-based cognitive skills and mindfulness strategies, you can bolster resilience and enhance their ability to adapt effectively in the face of change, uncertainty and adversity.
- Developing individual resilience is considered as one of the 5 key strategies to establishing a workplace that is psychologically safe. You can read more about these 5 key factors in this 2017 peer reviewed [paper](#).

Together we can make a real difference

"Examine the research and the need for urgent action is clear. Far too many educators are suffering. Not nearly enough are getting the right preventative support. We created Mindarma's Education Edition to support a group of workers who perform roles that are not only extremely important, but also extremely challenging. We know there is great power in education, and by equipping these workers with the right knowledge, strategies and skills, together we can make a very real difference. We hope you will join us in supporting educator wellbeing and consider making Mindarma part of your mental health strategy."

Jamie Watson, CEO and co-founder
Dr Sadhbh Joyce, Senior psychologist,
researcher and co-founder



Make Mindarma your own

Mindarma is fully customisable to your educational organisation. As part of your setup we can quickly and easily incorporate the following features:

Welcome video

As part of your customised Mindarma program we can include a welcome video from a senior staff member. This adds a personal touch, demonstrating a genuine care for workers and a real commitment to improving workplace mental health. Mindarma can provide a recommended script and other advice to help create a powerful first impression. Professional filming can be arranged at additional cost.

Completion certificate and progress monitoring

To maximise the benefits of Mindarma it helps to motivate your workers and encourage completion of the program. We track user progress and provide a customised certificate to users who finish all ten sessions of Mindarma. The program may in some instances be eligible for CPD recognition and we can also work with you to incorporate prizes, competitions or other completion incentives.

Resilience check & research reporting

If you wish to measure the effect Mindarma is having, we can incorporate a reliable pre-and-post measure (the CDIRSC_10) to track the resilience of learners. Learners have the option of sharing their de-identified data for research purposes or for keeping their scores private. We collect, analyse and report this data to help you discover more about your workforce and aid in future planning.

Customised support section

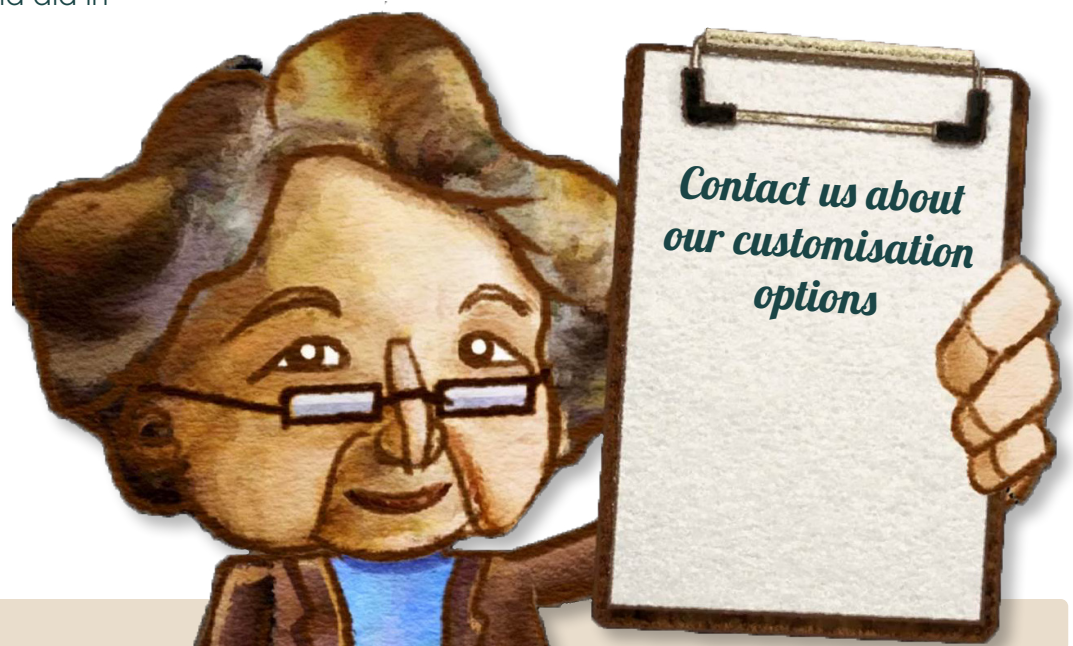
Encouraging help-seeking behaviour is a key factor which can help build resilience. With a customised support section, we can connect your employees with available resources, including your Employee Assistance Program, Peer Support Program and other initiatives.

Branding

Your corporate logo will be prominently displayed within the program's menu screens and included on the completion certificate.

Administration facility

We make management simple. Through your administration section you can check the progress of current learners and add more learners as required.



Awards



2019 AFAC Leading Practice in Mental Health award
received by Fire and Rescue NSW



2018 Mental Health Matters Award
Winner



2019 Resilient Australia Awards - Highly Commended

Supported by the Black Dog Institute

Mindarma was developed based on research carried out in collaboration with UNSW, the Black Dog Institute and Fire and Rescue NSW.



**Black Dog
Institute**

What our clients and learners say

"In developing our mental health strategy, we realised the importance of taking a proactive, preventative approach. We are proud to be able to translate research into real action and ensure our firefighters are equipped with the right skills and strategies."

Brendan Mott, Manager Health Promotion, Fire and Rescue NSW

"I found the program fun, easy, simple, it became a light moment in my day. It really helped enormously in alleviating work stress issues."

Andy Cawthorne, Bureau Chief Andean Region, Reuters

"These are must-have skills for emergency services personnel. Actually, they are must-have skills for anyone."

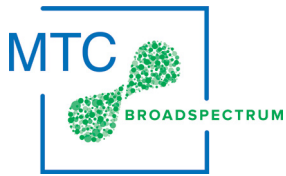
Jackie Myenhardt, Learning & Development Program Specialist, NSW Ambulance

"I would consider myself strong and resilient but after years of significant life stress I was exhausted. The skills I am learning from Mindarma are my antidote. The simplicity of the narrative is laced with humour - it is both informative and compassionate and I now understand that training my mind is ongoing and requires commitment."

Margaret Gardoll, Workplace Engagement Manager, The Black Dog Institute, Australia

Clients

Mindarma is proud to support workers from organisations including:



Do Good. Be Kind.

Mindarma is proud to support a wide range of community organisations including:

