

Favourite Mindfulness Apps

Smiling Mind: Short Meditations/Mindfulness Practices (2-8 minutes) for all ages: <http://smilingmind.com.au/>

ACT Companion: The Happiness Trap App: <http://www.actcompanion.com/>

Buddhify 2: <http://buddhify.com/>

Insight Timer: <https://insighttimer.com/>

Headspace App: <https://www.headspace.com/headspace-meditation-app>

Free resources: <http://www.mindfulinmay.org/>

Free Meditations: <http://franticworld.com/free-meditations-from-mindfulness-for-creativity/>

Finding an App you like is a very personal preference depending on the voice, time, structure of the app. I recommend trying a few!

Favourite Mindfulness Teachers

Tara Brach: <https://www.tarabrach.com/>

Jack Kornfield: <https://www.jackkornfield.com/>

Openground: <http://www.openground.com.au/>

Dan Siegel: <http://www.drdansiegel.com/>

Russ Harris:

http://www.actmindfully.com.au/about_russ_harris

Pema Chödrön: <http://pemachodronfoundation.org/>

Thich Nhat Hahn <http://www.thichnhathanhfoundation.org/>

Favourite Coaching Authors / Teachers:

Russ Harris: http://www.actmindfully.com.au/about_russ_harris

Rob McNeilly: <http://www.cet.net.au/>

Kate James <http://totalbalance.com.au/>

Mindful Leadership <http://wakeuproject.com.au/>

Leonie Dawson - Shining In Life & Biz Workbooks <http://leoniedawson.com/>