



Angela Smith
Founder & Facilitator
Mind Your Mojo® / Mind Your Ethics® Programs

Senior Associate
Collective Intelligence

Easy-going with a good sense of humour, Angela is a natural storyteller who brings a whole-hearted, practical approach to resilient wellbeing in every corporate environment she is welcomed in to.

As a survivor and a ‘thrivor’ of emotionally charged, high stakes and high stress environments, Angela supports professionals to positively integrate being fully committed without becoming fully consumed, burned out and ineffectual.

Formerly a Senior Communications Advisor to several Victoria Government ministers as well as to a number of Canadian diplomats, where she often managed crisis communications, Angela has the lived experience of how a professional’s personal wellbeing can directly impact performance and a company’s reputation and bottom line.

“In order to do my job well, I’ve had to be well. I never knew when I’d have to manage aspects of a bomb scare, or public health issue.”

Through her *Mind Your Mojo®* and *Mind Your Ethics®* programs, Angela guides professionals to foster positive habits to counter the negative impacts of stress. Her programs emphasise how over time, positive resilience habits can become hard wired into the brain, ultimately boosting one’s resilience.

The foundation of Angela’s mindfulness programs can be found in the practices of Eastern contemplative traditions that she has practiced and studied for more than three decades, as well as the contemporary science that validates the benefits of these practices.

In addition to being a Hatha Yoga teacher as recognised by Yoga Australia, Angela is also a student, studying *Mindfulness and Resilience to Stress in the Workplace* through the University of California at Berkeley.

Angela shares simple yet profound ancient techniques expressed in a modern way. She shares decades of experience with these practices through public speaking events, retreats and corporate wellness programs – all of which are personally meaningful, practical and even a little bit of fun.

Notable clients and recent speaking engagements include: Accru Hobart, DuPont Sustainable Solutions, HLB Mann Judd (Sydney), Madgwick’s Lawyers, Russell Kennedy Lawyers, Yellowfin, Australasian Legal Practice Managers Association (ALPMA), AustLaw.