

TOOLS OF THE TRADE

Headphones

Name Jane Martino.

Job Co-founder.

Where Smiling Mind.

Why is it important? Smiling Mind is a free app and website teaching mindfulness meditation to young people. There's an adult program as well and I use that. Headphones are now an essential part of my day, because I meditate listening to the program on my smartphone. I've been meditating for six years. It's helped me to manage a busy lifestyle and cope with the things that life throws at me as a parent and a businesswoman.

What do your colleagues think?

A friend, James Tutton, and I came up with the idea of making meditation accessible to young people. We wanted to strip away that image of meditating wearing a loincloth on a mountain. We had lots of combined skills about how to present the app and website visually, but not in psychology or driving the content. So we partnered with key people including researchers, as well as the Inspire Foundation, to fill the gaps. We're piloting the program in about 20 schools, and launch an online program for schools in 2013. Our vision is to have mindfulness on the school curriculum by 2020.

Unusual moment? It oscillates between my kids pulling the headphones out to talk to me, and the sound moving from one ear to the other, which can be distracting.

How much does it cost? My headphones were \$14.95. I've got cute babushka doll ones.

SUE WHITE



Tune in ... Jane Martino. Photo: Ken Irwin