

# Wise@Work

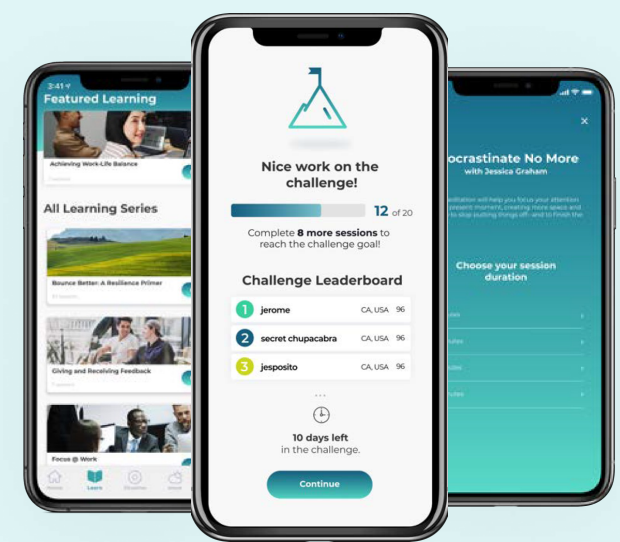
## Mental Fitness Challenge

Reducing Stress and Increasing Connection

May 1<sup>st</sup> – 31<sup>st</sup>, 2023

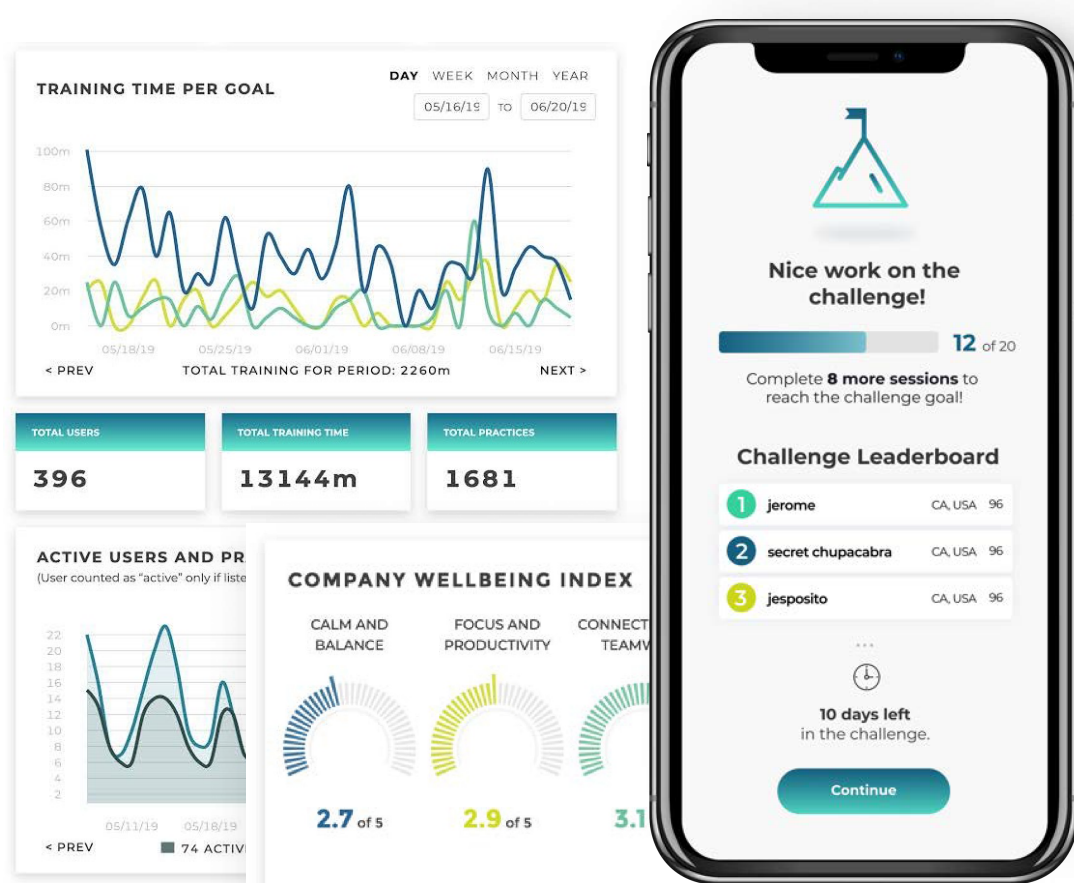


WISDOM LABS



## Boost Employee Mental Wellbeing with Ease

Free one-month experience for your team, powered by the Wise@Work App—the premiere workplace mindfulness solution with 500+ audio practices to help employees navigate stress, build resilience, and strengthen team connection.



## What do you get?

- Premium Wise@Work App access for all employees
- Communication templates to drive engagement
- In-app leaderboard to spur friendly competition
- Support from Wisdom Labs throughout your challenge
- Online dashboard to track your team's engagement

## What are the benefits?

- Demonstrate your commitment to mental wellness
- Baseline assessment of your team's mental wellbeing
- Data insights showing impact, goals, and pain points
- 19% increase in Calm and Balance among past participants
- Set the stage for ongoing programming with data in hand



## What's the catch?

There is no catch! Enjoy Wise@Work free, with no contracts or automatic enrollments.

## Ready to Take the Challenge?

[wisdomlabs.com/challenge](https://wisdomlabs.com/challenge)

