Reducing Stress and Increasing Connection

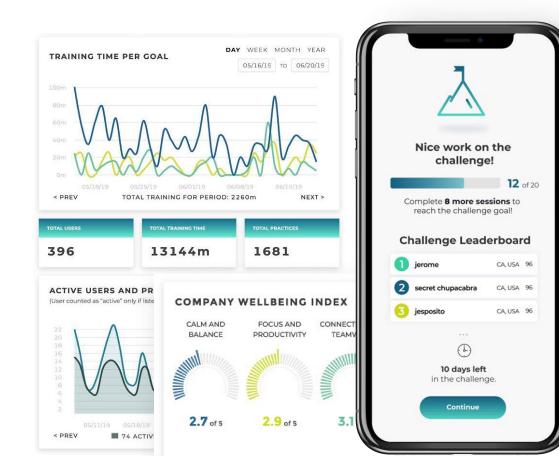
Wise@Work

Mental Fitness Challenge

May 1st – 31st, 2023

Boost Employee Mental Wellbeing with Ease

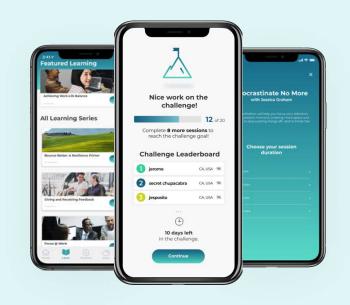
Free one-month experience for your team, powered by the Wise@Work App—the premiere workplace mindfulness solution with 500+ audio practices to help employees navigate stress, build resilience, and strengthen team connection.



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



WISDOM LABS

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

705 Employees Surveyed (During onboarding or updated from app profile)			Calm & Baland Impact Analysis	
20.6% 13.1% 10.5%	-	r Interruptions ance Conflict adlines	16% 42%	38% → 48%
ucto solutuu Teasiilees			42 %	14%
Getting to Sleep	9265		1084 Employee	
Silent Practice	5267	💄 = Rai	(Completed Baseline Rating ted 1-3 = Rated	(S)
Letting Go	4777			
Deep Sleep	3435	Compa	nv We	Ilhoing
				incenty
Gratitude	3431	CALM AND BALANCE	FOCUS AND	CONNECTION AND
Gratitude Ocean Waves	3431 3172			and the same through the second states of the
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Ocean Waves	3172 2586		FOCUS AND	CONNECTION AND
Ocean Waves Boost Optimism	3172 2586		FOCUS AND	CONNECTION AND

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

