

# Headspace for Work

Mindful people. Healthier business.

Your team's mental health is everything. Headspace for Work is the science-based mental health solution that creates healthier workplaces from the inside out.

Through our member-loved meditation, mindfulness, and sleep app and custom enterprise products and services, we help organizations build more compassionate and productive cultures that drive serious outcomes.

+ million GRORDDG

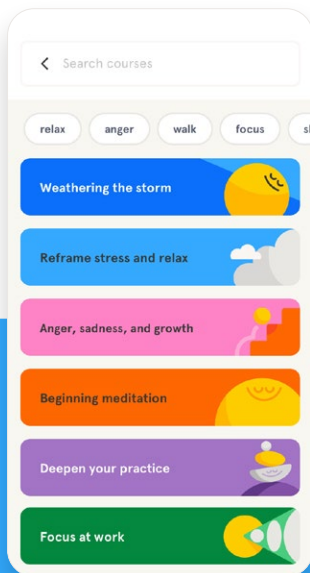
A solution your team will use and love

## Enterprise ready

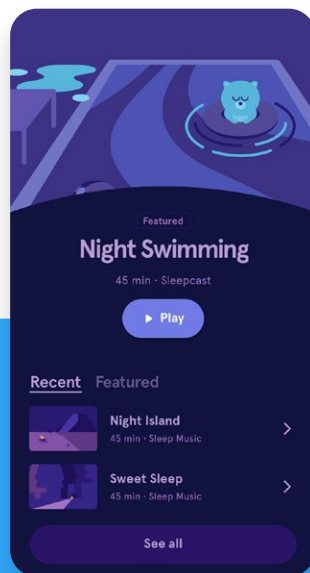
Supporting 1, 00+ top organizations

## Backed by science

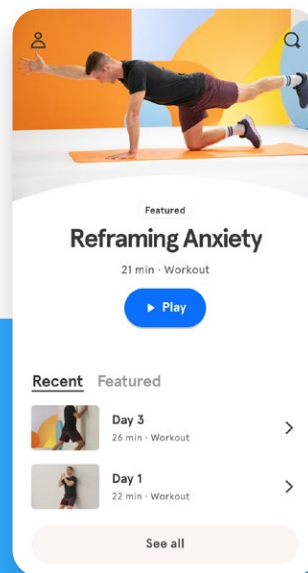
One of the largest research pipelines of any digital health and wellness company



Stress Less



Sleep Soundly



Move More

1 F&HWWH0

"After reading the employee feedback on Headspace, we knew it was the right choice for us. With Headspace, we're able to provide an on-demand, approachable solution to support our employees' well-being in a way that works for them."

SARAH TORRES, GLOBAL WELL-BEING STRATEGIST, ADOBE

Members Settings **Toolkit**

### This Month's Featured Material


Check out this month's poster and table topper!

**Lost your focus? Find it here.**

Improving your ability to focus isn't just about dedicating more time to an activity. Pick up some invaluable tools and sharpen your concentration skills for greater productivity.

**March - Find your Focus Flier**

Find your Focus - at work and beyond. Send this flier out to your employees!

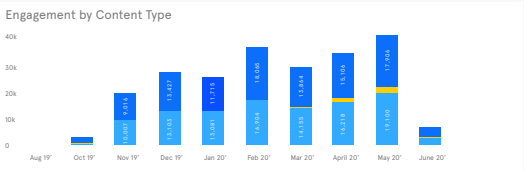


**March - Find your Focus Poster**

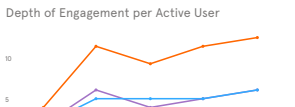
Find your focus at work and beyond. Print on 11" x 17" uncoated paper or post on screens around the office.

**Headspace Engagement Report**

**Engagement by Content Type**



**Depth of Engagement per Active User**

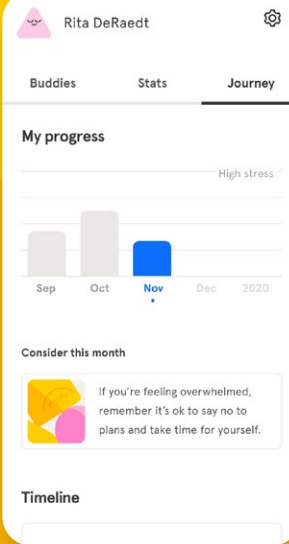


**Top 15 Courses**

- Sleeping
- Goodnight
- Mental Chatter
- Cabin Downpour
- Doze
- Switching Off

## Employer Solutions

Easily launch and manage your program through a suite of products, including your workplace dashboard, engagement resources, and measurement tools to see the impact on your team.



Rita DeRaedt

Buddies Stats **Journey**

**My progress**

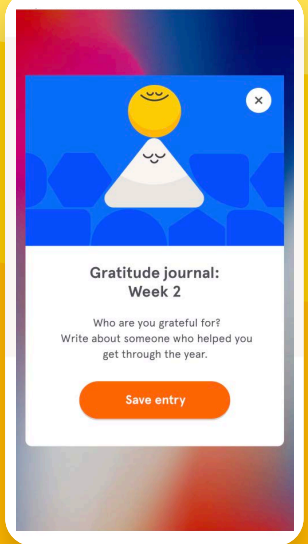
High stress

Sep Oct **Nov** Dec 2020

**Consider this month**

If you're feeling overwhelmed, remember it's ok to say no to plans and take time for yourself.

Timeline



**Gratitude journal: Week 2**

Who are you grateful for? Write about someone who helped you get through the year.

Save entry

## Employee Experience

Members get access to hundreds of hours of guidance, on everything from stress to focus to sleep.

Plus, custom features designed for the workplace like live meditations, community programming, monthly newsletters, and more.



## Professional Services

Get expert support from start to finish. From program design to immersive live experiences, our Partner Success team helps you develop a mental health program that fits the unique needs of your workplace.

Join 1,800+ organizations prioritizing their team's mental health

