



The Resilience Solution
for Your Organization



MindWell Creates a Culture of Resilience

92%

ENGAGING
MORE AT WORK

95%

IMPROVED
FOCUS

85%

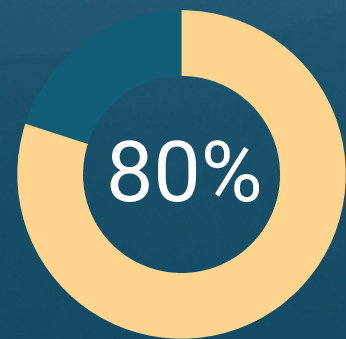
COLLABORATING
BETTER WITH OTHERS

96%

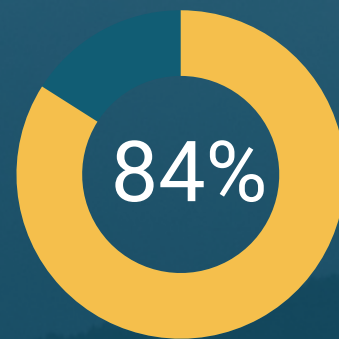
STRESS
REDUCTION

89%

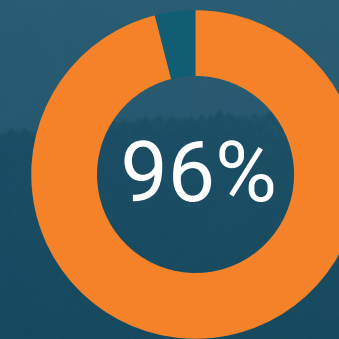
IMPROVED
COMMUNICATION



ENHANCED TIME
MANAGEMENT



BETTER
LEADERSHIP



IMPROVED
MENTAL HEALTH

How would your life improve if you were able to:

- experience less stress?
- focus more easily, and for longer periods?
- improve your overall mental health & well-being?
- experience more joy?

MINDWELL Take 5



- Step 1: Notice the **Cue**
- Step 2: Notice the **New**
- Step 3: Notice the **Body**
- Step 4: Notice the **Breath**
- Step 5: Notice the **Now**

 Take 5 Video

MindWell's Solution



TRAINING

Evidence-based training that enhances your daily life by reducing stress, improving resilience and much more.



LIVE CLASSES

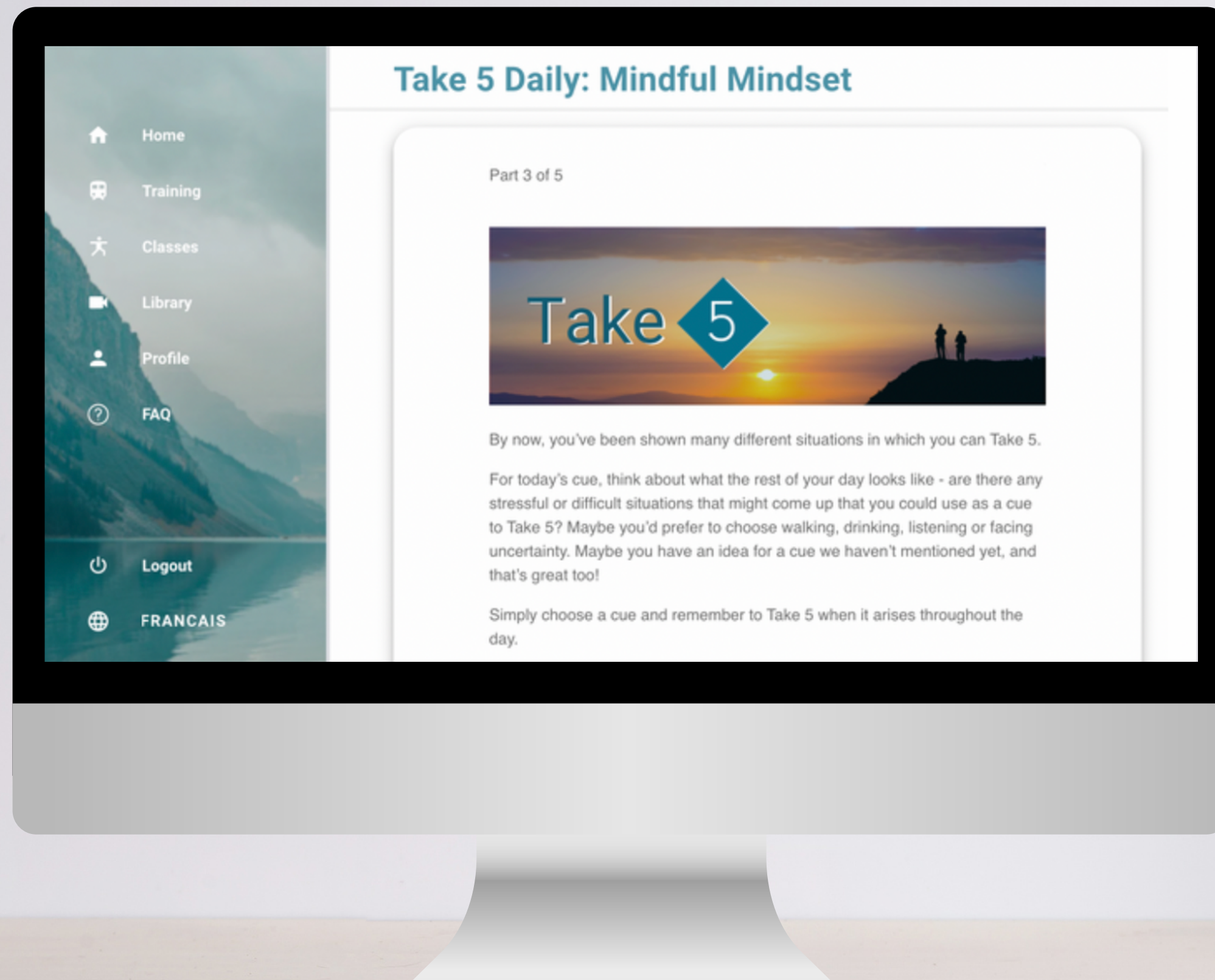
Join a live class or 4-week program with leading experts on a variety of topics from exercise to meditation and even cooking classes. New classes and themes every month!



VIDEO LIBRARY

Take a class on your own schedule or learn how to tackle almost any life situation in these clips from leading experts inside MindWell's on-demand library.

MindWell's Solution - Take 5 Daily



MindWell's Solution - Live Classes

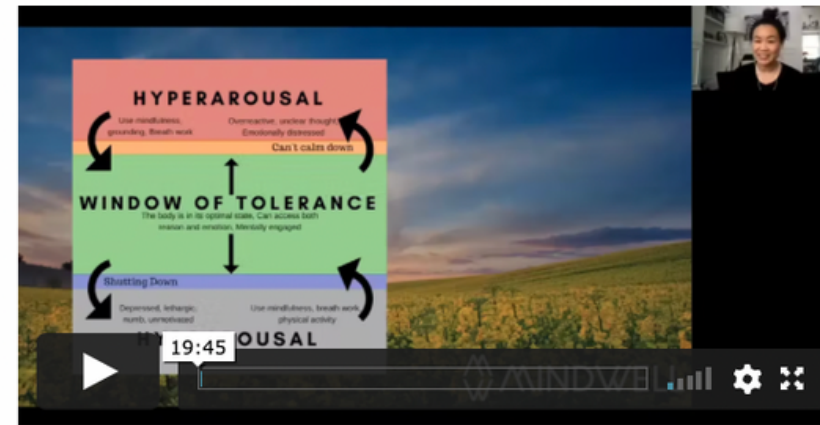


**Live, Engaging
Classes with Real,
Experienced
Instructors**

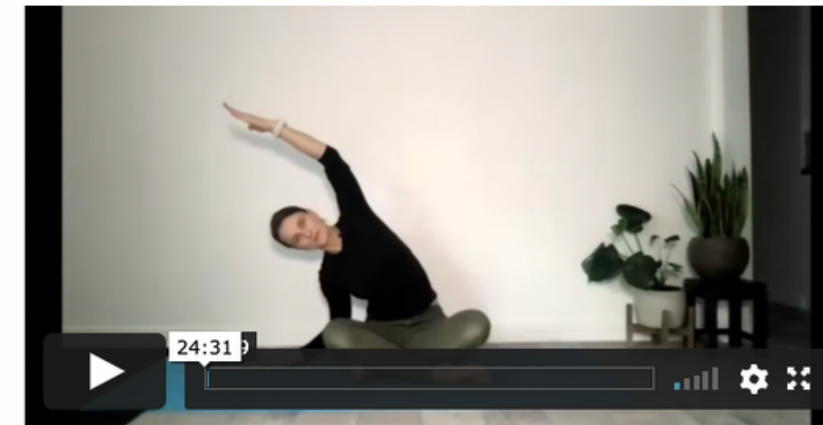
Weekly Interactive 20-minute Classes on a variety of topics, for example:

- Time Management
- Preventing Burnout
- Stress Management
- Self-Compassion
- Focus
- Managing Emotions
- Physical Health & Wellness
- Communications & Relationships
- Mindfulness at Home
- And more!

MindWell's Solution - Video Library



Everyday Mindfulness
Ellen Choi
Tuesday, February 08, 2022



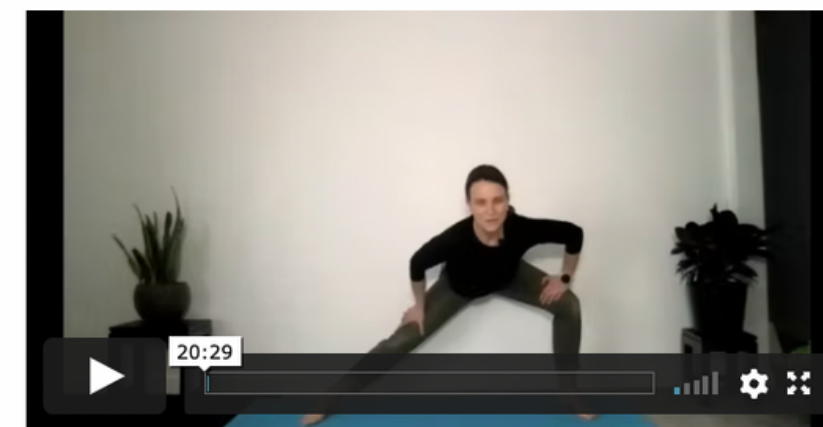
Mindful Movement
Lucia Arreaga
Monday, February 07, 2022



Experience Mindfulness
Ross Robinson
Friday, February 04, 2022



Reflective Practice
Jackie Roberge
Wednesday, February 02, 2022



Mindful Movement
Lucia Arreaga
Monday, January 31, 2022



MINDWELL Getting Results

In what ways will you choose to engage with MindWell?

Sign up or log in now and choose a live class that fits with your schedule. Put it in your calendar.

Choose a buddy to check in with at least twice a week to discuss your MindWell learnings.

Commit to starting your day and/or each meeting with Take 5.

Spread the word! The more people who use MindWell, the better it is for all!



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