



Here are two videos to help you get started with your promotion of MindWell in your organization.

The first shows you what the MindWell platform is all about, how to get your account set up and how to make the most of MindWell's programs and offerings.

The second is a great introduction to what mindfulness is (and isn't!) and how it can help you feel more joy, less stress and perform your best both at work and at home!

These videos can also be shared throughout your organization.

Videos:

English: <https://www.mindwellu.com/introduction>

French: <https://www.mindwellu.com/fr-introduction>