

Well-being in the workplace matters

## We help your employees thrive

Only 15% of employees are fully engaged at work<sup>[1]</sup>, resulting in lower job satisfaction and higher turnover rates. This affects everyone, creating a culture of low morale, reduced collaboration and decreased productivity.

**71%** of office workers are open to learning about mindfulness and meditation<sup>[2]</sup>

**64%** of employed Americans say work is a significant stress<sup>[3]</sup>

**42%** of people are stressed about maintaining work-life balance during COVID-19<sup>[2]</sup>



AWARENESS  
**Be Present**



CONNECTION  
**Feel Connected**



INSIGHT  
**Get Curious**



PURPOSE  
**Stay Motivated**

## A solution designed for work, based on science.

Bring a culture of collaboration, compassion, focus and resilience to your organization with our well-being program based on the ACIP (awareness, connection, insight, purpose) framework derived from **decades of neuroscientific research** in the field of contemplative practices.

- ✓ Initial consultation and well-being assessment of your organization
- ✓ Mobile app with hundreds of hours of meditations and podcasts
- ✓ Online portal with resources to support the success of the program
- ✓ 30 Day Challenge to kick off the program and build engagement
- ✓ Live webinars and trainings with Healthy Minds experts and scientists
- ✓ Well-being reports and quarterly analytics of program progress

“With Healthy Minds @Work, our employees have been really pleased with how supportive the tools are, and how skillfully they align with our people first, data driven culture.”

– Michelle Gale, Chief of Staff at Autodesk

## And it works, too.

In a recent pilot study, participants showed **significant reduction in stress, depression and anxiety symptoms** while increasing their social connection.



Decrease stress by 28%\*



Reduce depression symptoms by 24% and anxiety symptoms by 18%\*



Increase social connection by 13%\*

## You're in good company



## Get started

Email us today to schedule a consultation with a Healthy Minds @Work Representative and learn how you can shift your workplace culture away from a state of stress and burnout to one of **engagement and resilience**.

[workplace@hminnovations.org](mailto:workplace@hminnovations.org)

"I continue to hear from our people in a variety of roles that [Healthy Minds @Work] has provided a strong and sometimes primary support for their being with the uncertainty in our world now. [They] have provided us with a steady and caring connection throughout this time."

– Sara Parrell, Leader at Madison Metropolitan School District

### Address

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### Contact us

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### Follow



\* [State of the American Workplace, 2017, Gallup](#)

<sup>2</sup> YouGov: All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1016 adults who work in an office in the United States. Fieldwork was undertaken between 1st - 5th June 2020. The survey was carried out online. The figures have been weighted and are representative of all US management and sales workers (aged 18+).

<sup>3</sup> [Stress in America, 2019, American Psychological Association](#)

\* Findings are based on an 8-week randomized controlled trial conducted by scientists at the University of Wisconsin-Madison, Center for Healthy Minds (Goldberg et al., in preparation). Results are based on group averages and will vary from person to person. Healthy Minds Program is not intended to diagnose, treat, cure, or prevent any disease or medical condition.