WISDOM LABS

# Wise@Work App

The Wise@Work App is a mindfulness and meditation app designed exclusively for the workplace—with learning and practice modules that will leave you feeling centered, focused, and energized throughout your workday.

# **Professional Development**

Skill-building modules on relevant topics including Resilience, Collaboration, Conflict Resolution, Leadership, Creativity and more!

# **Built for Work**

Mood-based practices, meeting starters and more, in varying, schedule-friendly lengths provide support at a moment's notice.

# Learn from Leading Voices in Mindfulness

Enjoy a comprehensive library of influential teachers like Jack Kornfield and Tara Brach, with new sessions added each month!

3:417	Morning Situ	ation	9:41
Featured Learning	Commute In	Resilience By Reframing	×
	5-20 min	5-15 min	
Achieving Work-Life Balance	Teamwork		Procrastinate No More with Jessica Graham
All Learning Series	Cultivating Trust	Compassion Training	This meditation will help you focus your attention in the present moment, creating more space and mergy to stop putting things offand to finish the
The second secon	5-15 min	5-15 min	
Bounce Better: A Resilience Primer	Feedback		Choose your session duration
	Receiving Feedback Skilfully	Working with Envy	S minutes
ALL ALL	5-15 min	5-15 min	10 minutes
Civing and Receiving Feedback			15 minutes
	Meeting Starters		20 minutes >
	Meeting Starter: Creativity	Meeting Starter: Intention	
Focus @ Work	5-15 min	S-15 min	
Home Learn Situation Model Pr			



# Getting Started with Wise@Work

# Download the App

Download Wise@Work on the App Store or Google Play and create an account using your work email address

# **Explore Hundreds of Practices**

Check the "Situation" or "Mood" tabs for topical practices to get started. Or, simply try the Wise@Work Daily for a quick suggestion

# **Build a Daily Habit**

Choose a few minutes each day to practice, working to build your new skills and form a healthy mindfulness habit. Check "Profile" to view your practice stats!

# Download Wise@Work on The App Store or Google Play Today!

Wisdom Labs is solving for stress, burnout, and loneliness in the workplace using the science of mindfulness, resilience, and compassion.