



# Wise@Work App

Powered by:  
**WISDOM LABS**  
Wiser Workplaces for a Better World

*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

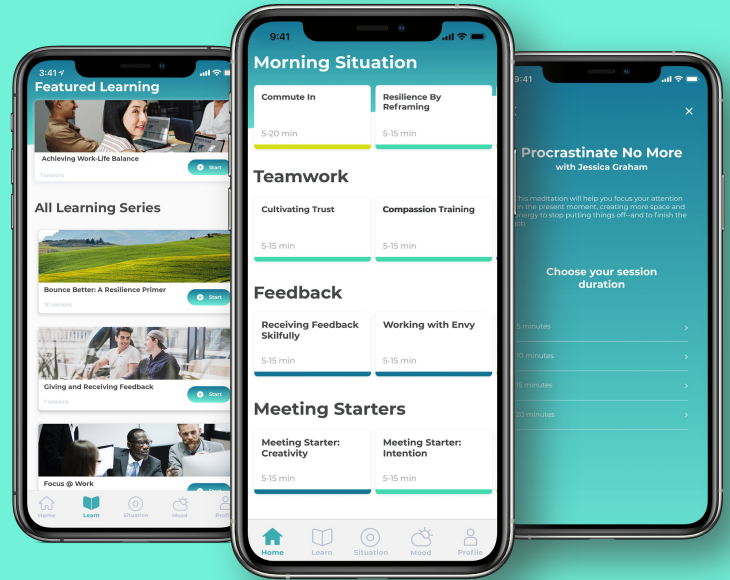
Skill-building modules on relevant topics including Resilience, Collaboration, Conflict Resolution, Leadership, Creativity and more!

## 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!



## 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.