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.