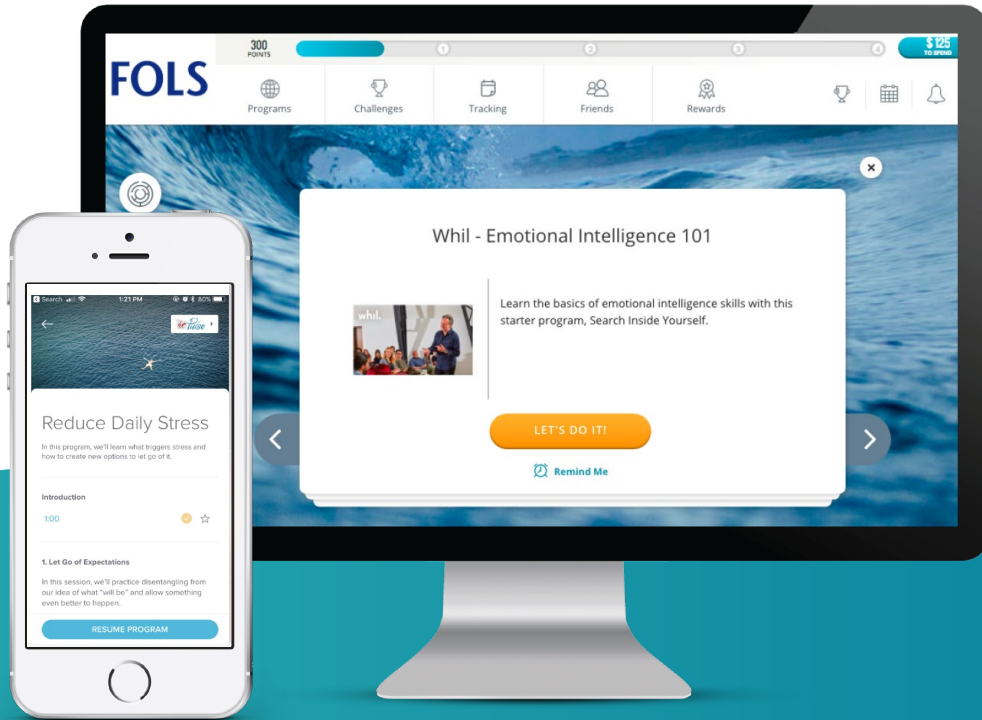




whil.



Deliver a fully integrated mindfulness and resilience program with Virgin Pulse and Whil, and watch your employees reduce stress and improve their sleep and performance as they engage with our award winning platform.

You may have heard that stress is the leading cause of illness, but did you know that mindfulness training is a proven way to reduce absenteeism and keep employees healthy? This is why more than half of Fortune 500 companies have implemented mindfulness training and companies around the world are incorporating stress resiliency into their employee wellbeing strategies.

Virgin Pulse has partnered with Whil, making it easy for you to offer your employees a comprehensive, science-based stress reduction and mindfulness solution. The Virgin Pulse platform drives usage of Whil's market leading resilience training by making it easy to access, simple to understand and engaging to the user. With an average of 7 habit building interactions per member per day, Virgin Pulse promotes Whil benefits to members when and where they're motivated to take action.

## Example Whil Courses and Proof:



### Reduce Stress

- Reduce daily stress
- Learn to meditate
- Calm anxiety
- Be happier
- Plus get your people moving with 120+ yoga videos



### Focus and Grow

- Resilience
- Motivation
- Self-awareness
- Plus emotional intelligence training through the Search Inside Yourself course, born at Google



### Improve Relationships

- Be tolerant and accepting of others
- Be a better leader
- Communicate more clearly
- Improve difficult relationships



### Sleep Better

- Feel rested
- Manage insomnia
- Synchronize the mind and body
- Ease into sleep

## Hundreds of courses to improve employee resilience and business outcomes

Help employees reduce stress and increase resiliency by providing access to 250+ mini courses supported by thousands of training sessions based in neuro-science, mindfulness and positive psychology. Plus, get your people moving and stretching with more than 120 digital yoga sessions. With decades of experience, Whil's trainers bring employees through an elegantly designed wellbeing experience focused on improving their mental and emotional wellbeing and work performance.

Aetna Insurance reported a decrease of \$2,000 annually in healthcare costs, as well as an estimated \$3,000 increase in productivity for employees training in mindfulness.

*(The Atlantic, Pinsker, 2015)*

In a survey of leaders, 93% reported mindfulness training helped them create space for innovation. The first step was learning to quiet the mind and focus, allowing them to unlock their next big idea.

*(Institute for Mindful Leadership, 2011)*

In patients with insomnia, mindfulness training helped to increase total time spent sleeping by at least 52 minutes.

*(Garland, 2012)*

**Talk to an expert at Virgin Pulse to get started.**

Learn more at [virginpulse.com](http://virginpulse.com) or [whil.com](http://whil.com)

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**whil.**