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!

Designed for the Workplace
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 growing library of influential teachers like Jack Kornfield, with new sessions added each month!
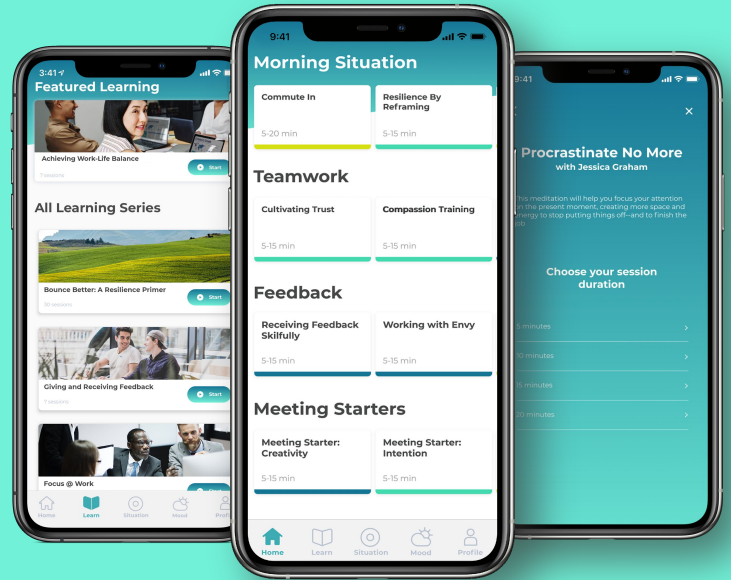
Ask about special corporate pricing!
www.wisdomlabs.com/App

Free 30-Day Mindfulness Challenge

### Corporate Mindfulness that Actually Works
Kick off your launch of the Wise@Work App with an engaging month-long program that encourages employees to develop their own mindfulness and meditation practices.

Partner with Wisdom Labs
Enjoy our comprehensive challenge guide, packed with instructions, email templates, tips, and more—with the Wisdom Labs team supporting you every step of the way!

Lasting Engagement
Participating organizations have seen up to a 20x increase in app usage during a challenge and 5x increase in regular users afterward, ensuring teams truly learn and apply their new skills!
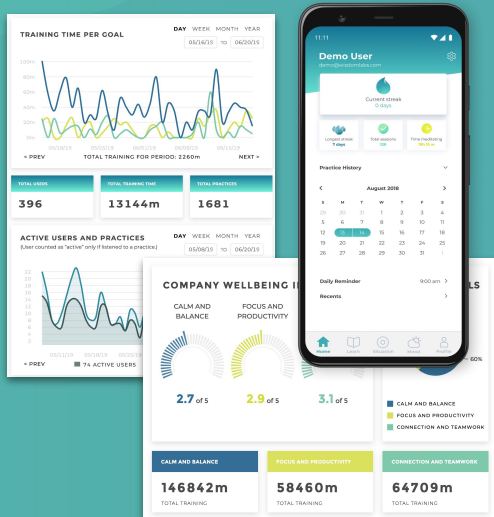
Email sales@wisdomlabs.com to get started today!