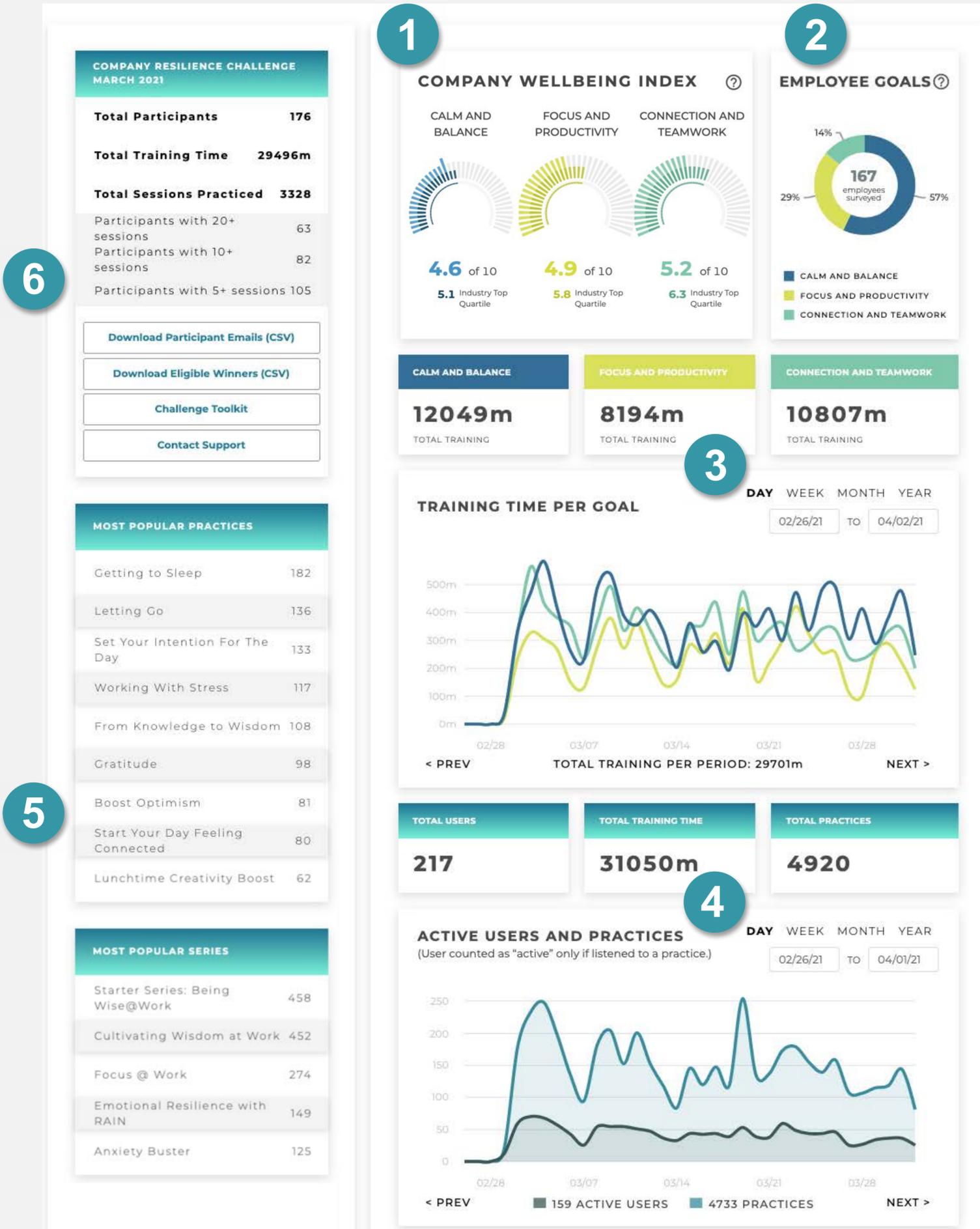# Wise@Work
Dashboard Overview

The Wise@Work dashboard provides aggregated anonymized data insights to help you monitor employee mental/emotional wellbeing, identify company-wide painpoints, and keep a pulse on daily engagement.

6

COMPANY RESILIENCE CHALLENGE MARCH 2021

Total Participants	176
Total Training Time	29496m
Total Sessions Practiced	3328
Participants with 20+ sessions	63
Participants with 10+ sessions	82
Participants with 5+ sessions	105

- Download Participant Emails (CSV)
- Download Eligible Winners (CSV)
- Challenge Toolkit
- Contact Support

MOST POPULAR PRACTICES

Getting to Sleep	182
Letting Go	136
Set Your Intention For The Day	133
Working With Stress	117
From Knowledge to Wisdom	108
Gratitude	98
Boost Optimism	81
Start Your Day Feeling Connected	80
Lunchtime Creativity Boost	62

5

MOST POPULAR SERIES

Starter Series: Being Wise@Work	458
Cultivating Wisdom at Work	452
Focus @ Work	274
Emotional Resilience with RAIN	149
Anxiety Buster	125

1

COMPANY WELLBEING INDEX ⓘ

CALM AND BALANCE
4.6 of 10
5.1 Industry Top Quartile

FOCUS AND PRODUCTIVITY
4.9 of 10
5.8 Industry Top Quartile

CONNECTION AND TEAMWORK
5.2 of 10
6.3 Industry Top Quartile

2

EMPLOYEE GOALS ⓘ

167 employees surveyed

14%
29%
57%

- CALM AND BALANCE
- FOCUS AND PRODUCTIVITY
- CONNECTION AND TEAMWORK

CALM AND BALANCE	FOCUS AND PRODUCTIVITY	CONNECTION AND TEAMWORK
12049m	**8194m**	**10807m**
TOTAL TRAINING	TOTAL TRAINING	TOTAL TRAINING

3

TRAINING TIME PER GOAL

DAY WEEK MONTH YEAR
02/26/21 TO 04/02/21

< PREV   TOTAL TRAINING PER PERIOD: 29701m   NEXT >

TOTAL USERS	TOTAL TRAINING TIME	TOTAL PRACTICES
217	**31050m**	**4920**

4

ACTIVE USERS AND PRACTICES
(User counted as "active" only if listened to a practice.)

DAY WEEK MONTH YEAR
02/26/21 TO 04/01/21

< PREV   159 ACTIVE USERS   4733 PRACTICES   NEXT >

Wise@Work
Dashboard Overview

COMPANY WELLBEING INDEX ⑦

CALM AND BALANCE	FOCUS AND PRODUCTIVITY	CONNECTION AND TEAMWORK
4.6 of 10	**4.9** of 10	**5.2** of 10
5.1 Industry Top Quartile	**5.8** Industry Top Quartile	**6.3** Industry Top Quartile

① Company Wellbeing Index

Providing a snapshot of how your employees are self-reporting their Calm/Balance, Focus/Productivity and Connection/Teamwork, the index aggregates and averages all the ratings (1-10) for global company scores.

Average Rating for Your Employees
Ratings are captured during onboarding and at followup intervals of minutes completed.

Top Quartile Benchmark
When mousing over this panel, the average user ratings from our top quartile companies is displayed to provide a useful benchmark.

② Employee Goals Breakdown

When employees onboard, they choose a category that is "most important" for them. Setting this goal customizes their app experience, and helps admins see what is most important for the company as a whole.

This chart changes if users update their goals, which they can do from the app's Profile screen.

EMPLOYEE GOALS ⑦

167 employees surveyed

14%
29%
57%

- ■ CALM AND BALANCE
- ■ FOCUS AND PRODUCTIVITY
- ■ CONNECTION AND TEAMWORK

Wise@Work
Dashboard Overview

CALM AND BALANCE
12049m
TOTAL TRAINING

FOCUS AND PRODUCTIVITY
8194m
TOTAL TRAINING

CONNECTION AND TEAMWORK
10807m
TOTAL TRAINING

TRAINING TIME PER GOAL

DAY WEEK MONTH YEAR

02/26/21 TO 04/02/21

500m
400m
300m
200m
100m
0m

02/28   03/07   03/14   03/21   03/28

< PREV   TOTAL TRAINING PER PERIOD: 29701m   NEXT >

3

Mental/Emotional Training Analysis

How are your employees using the app? This panel shows exactly how many minutes of practice are being devoted to the main categories of Calm/Balance, Focus/Productivity, and Connection/Teamwork.

The timeline can reveal spikes in practice that can indicate hidden stressors or other mental/emotional challenges to your organization.

Total Training by Date Range
Choose a date range and see the total minutes practiced by your employees.

4

Active Users and All-time Engagement

See your active users scoped by date ranges and get a birds-eye view of practice by day or all-time totals.

All-time Totals
Total users registered and totals for practices and minutes completed.
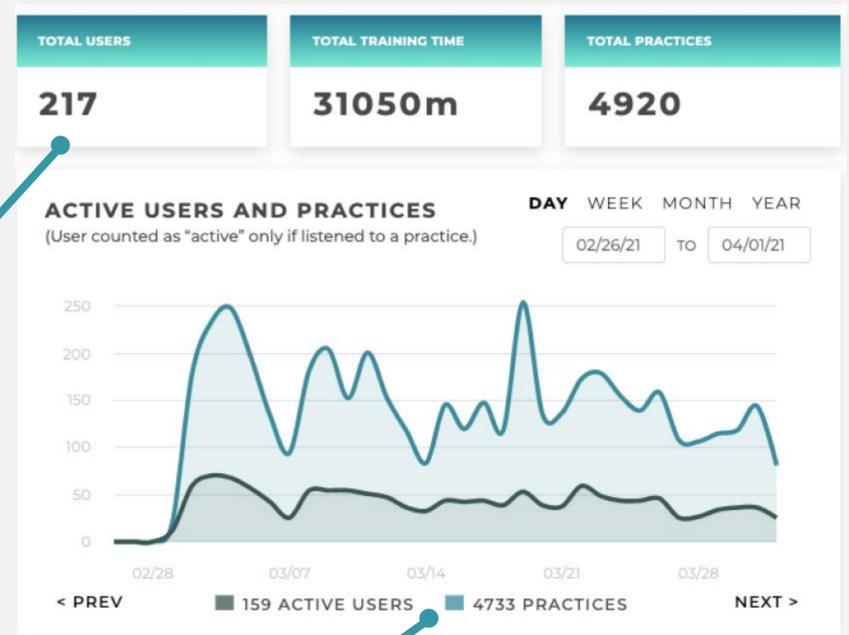
TOTAL USERS
217

TOTAL TRAINING TIME
31050m

TOTAL PRACTICES
4920

ACTIVE USERS AND PRACTICES
(User counted as "active" only if listened to a practice.)

DAY WEEK MONTH YEAR

02/26/21 TO 04/01/21

250
200
150
100
50

02/28   03/07   03/14   03/21   03/28

< PREV   ■ 159 ACTIVE USERS   ■ 4733 PRACTICES   NEXT >

Total Training by Date Range
Choose a date range and see the total minutes practiced by your employees.

Wise@Work
Dashboard Overview

MOST POPULAR PRACTICES

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Focus @ Work	274
Emotional Resilience with RAIN	149
Anxiety Buster	125

5 **Most Popular Content Insights**

You can learn a lot from your company's most popular practices. Is work-life balance and sleep an issue? Or anxiety or difficult emotions?

Wisdom Labs can help you identify and respond to your employees specific needs with custom app content or solutions from our suite of products, like Wise@Work Communities.

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6 **Challenge Engagement Insights**

Company challenges create personal goals for employees and effectively drive engagement and build community.

Our dashboard tracks key stats for ensuring a successful challenge. Including our challenge toolkit and snapshots of company-wide engagement for internal marketing and employee motivation.

Challenge Goals Tracking

Get snapshots of employee progress towards the completed sessions goals.

Participants and Winners Lists

Downloadable CSVs to make it easy to engage participants and identify winners.

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Challenge Toolkit

Contact Support