

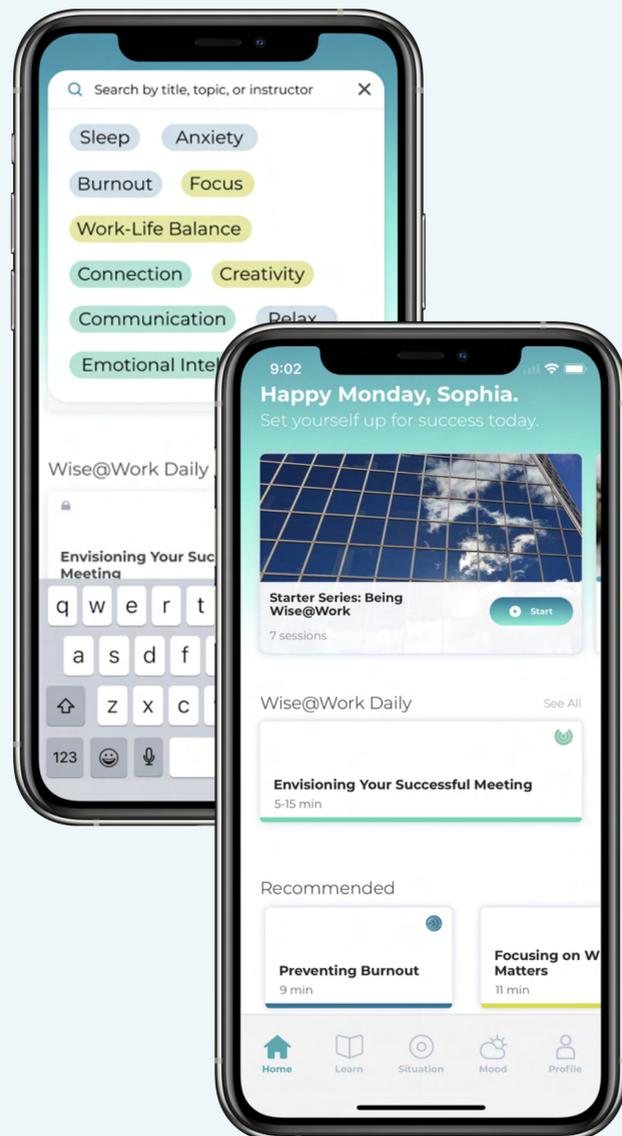


Wise@Work

App Tutorial

1 Discover

Hundreds of learning series and practice sessions to meet your needs during the workday.



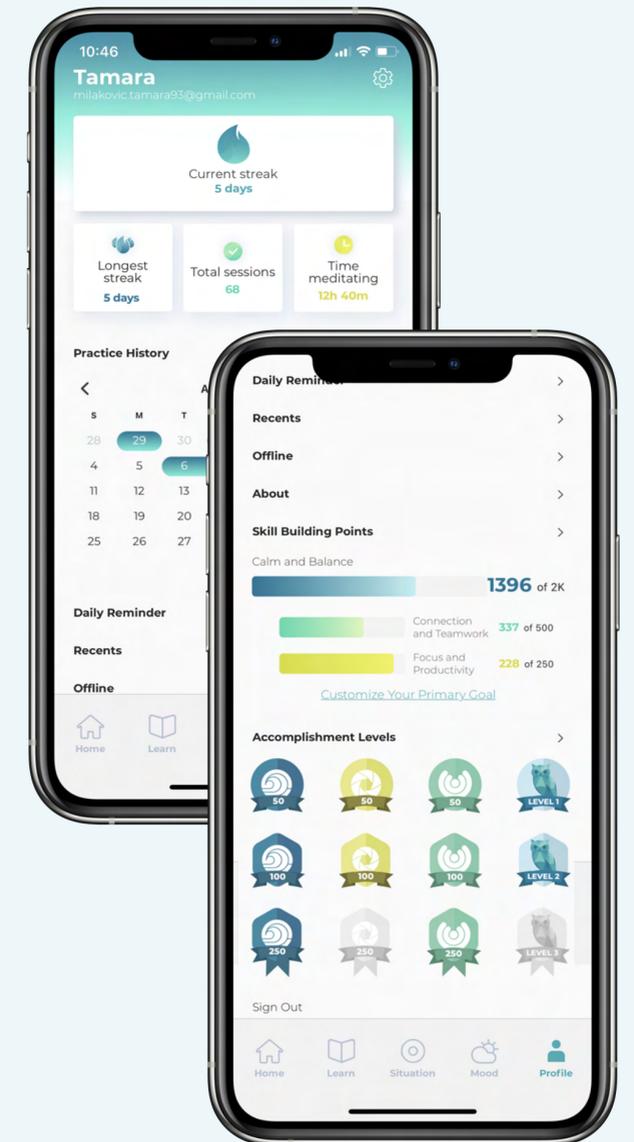
2 Learn & Practice

Learn from our teachers and scientists and build skills with micro-practices.



3 Build Skills

Reach your goals in Calm, Focus, & Teamwork by tracking streaks and milestones.

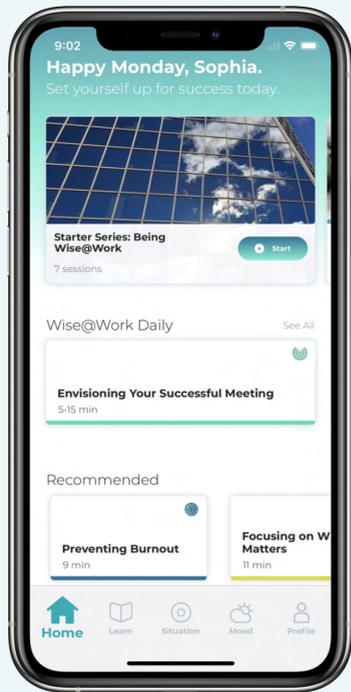




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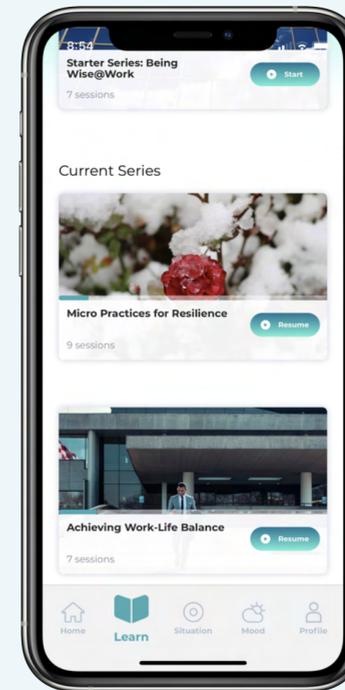
Home

Your Home Screen

Quick access to your current and featured learning series, hundreds of micro-learning practices, tailored recommendations, favorites, and more.

Daily Featured Sessions

Wise@Work Daily serves up a new practice each day to help you find new and unique content.

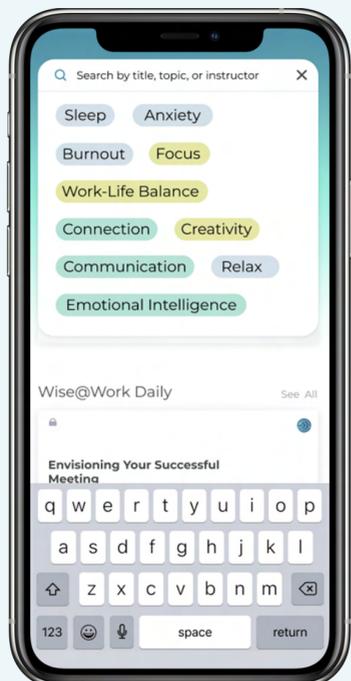


Learn

Learning Series Library

Access scores of in-depth series to build key skills to thrive in the workplace. Topics include:

- Focus @ Work
- Achieving Work-Life Balance
- Five Paths to Deep, Restful Sleep
- Disrupting Unconscious Bias
- Creativity at Work
- Giving and Receiving Feedback
- and many more!



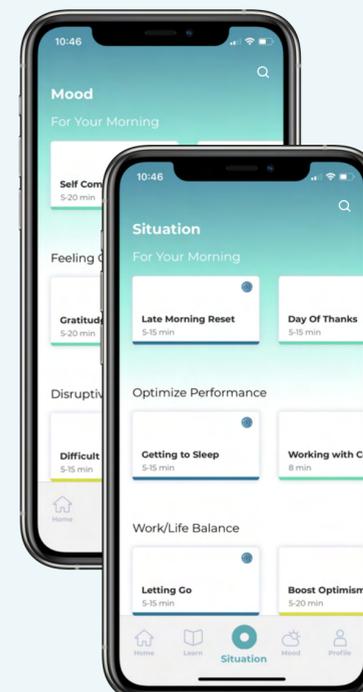
Search

Easy Access

Browse the entire Wise@Work library by searching by title, topic, or instructor.

Auto-Suggested Keywords

Begin typing and immediately see helpful keyword suggestions and matching content.



Situation

Mood

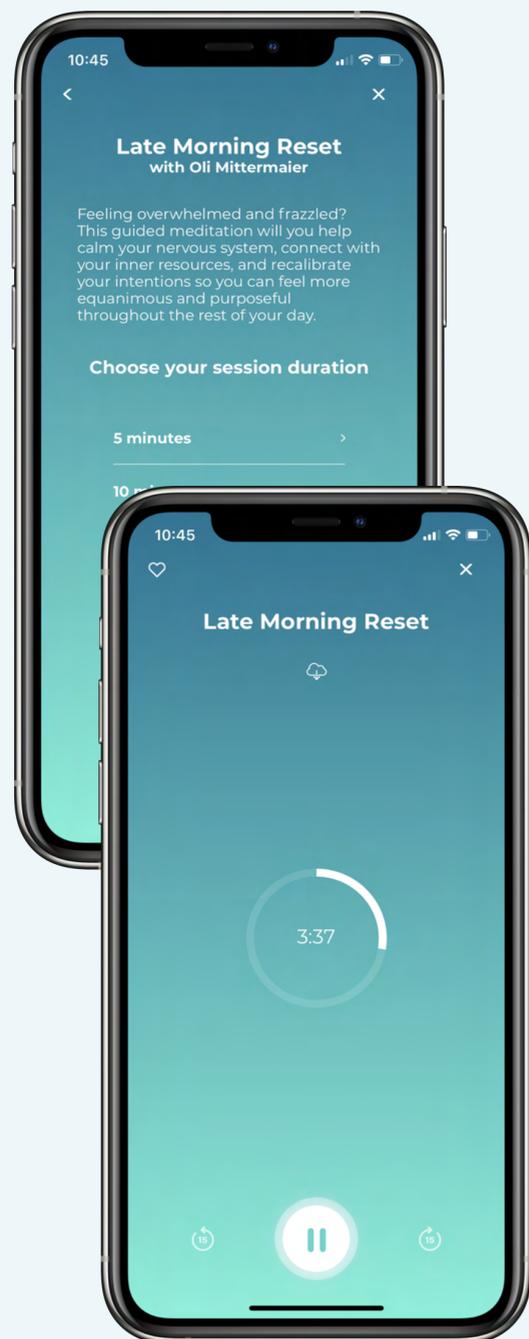
Situation & Mood-based Microlearning

Hundreds of 5-20 minute sessions to perfectly match your situation or mood.

- strengthen teamwork skills
- recharge after work
- prep for a meeting
- deepen focus



Micro-Practice Player



Micro-Practice Player

Choose your duration and let our experts guide you with scientifically validated practices proven to help you mitigate stress, beat burnout, and bounce back better.

Practice Lengths That Work

All micro-practices have multiple durations (5, 10, 15, 20 minutes) to easily fit into the workday.

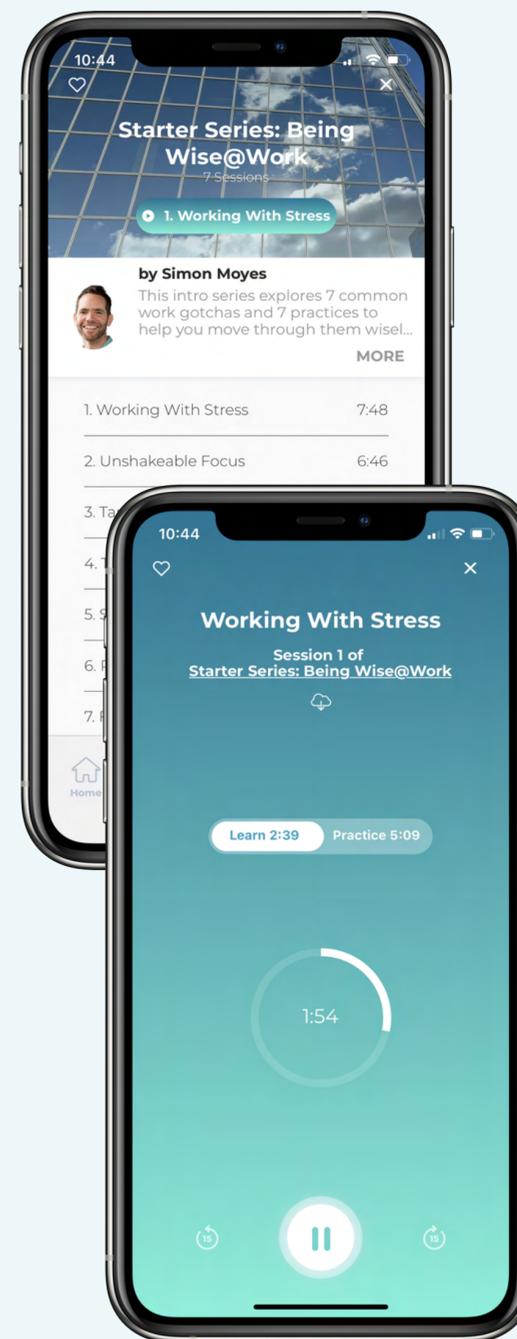
Offline Listening

Download your favorite sessions for unlimited offline listening when unplugged from wifi.

Easy Session Scanning

Simple intuitive controls to listen to that science nugget or jump forward to the core of the practice.

Learning Series Player



Learning Series

Delve deeper with sequential sessions that build an understanding and lay the foundation for skill building.

Effective Courses - On-The-Go

Series run from 7 to 30 sessions, starting out with context and intro practices and gradually moving into a deeper mastery of each topic.

Collect your Favorites

Heart a practice to easily access it in the future from Home or Profile.

Learn, Practice, or Both

Custom player lets you easily repeat the neuroscience learning or skip to the experiential practice. Or you can sit back and be guided through both.



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3 Build Skills

Profile & Goal Tracking



Build a Streak

Develop your consistent practice by tracking your days in a row.

Daily Reminders

Set an alarm to remind you to develop a daily practice.

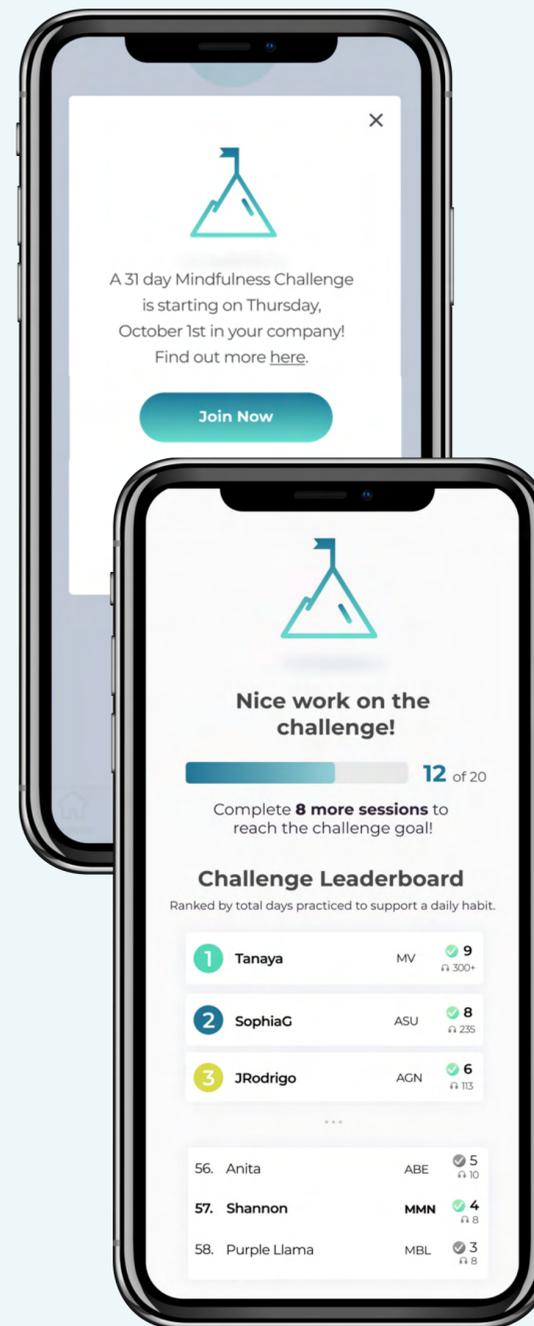
Track Your Goals

See your progress each day and build up your Calm, Focus, and Teamwork points.

Celebrate Milestones

Get badges after completing 50/100/250+ minutes of Calm, Focus, or Teamwork practices.

Company Challenges



Skill-based Contests

Focus on specific skills like resilience, emotional intelligence, and teamwork.

Practice Targets

Participants have clear practice goals and continual tracking of their progress.

Friendly Competition

Opt-in leaderboard inspires teams with coworkers' streak and session totals.

Easy Participation

Developing mindfulness couldn't be easier with the Wise@Work guiding every step of the challenge journey.