



Wise@Work COMMUNITIES

Powered by:
WISDOM LABS
Wiser Workplaces for a Better World

Scalable, Community-Building Mindfulness Solution for the Workplace

Solving for Workplace Stress and Loneliness

Wise@Work Communities translates the latest science of mindfulness, resilience and compassion into engaging content and skill-building techniques practiced together with colleagues. These supportive, social communities encourage engagement, accountability, and the formation of healthy mindfulness habits.

The Scalable Mindfulness Solution

Our flexible learning solution works with groups of all sizes, in-person or remote—giving your company the flexibility to engage colleagues across teams and timezones with ease.



What is Wise@Work Communities?

Wise@Work Communities is a peer-led program for learning and practicing mindfulness, compassion, emotional fluency and social connection. Through regular practice, teams learn to better navigate work-related loneliness, anxiety, burnout and stress that cost businesses millions of dollars each year in missed work and preventable illnesses.

Facilitated by volunteer Community Leaders from your organization, Wise@Work Communities integrates seamlessly with your company culture to create engaged mindfulness communities that scale.

Supported by a robust digital toolkit, calls with Senior Wisdom Labs Faculty, and premium access to the one-of-a-kind Wise@Work App, the Wise@Work Communities experience creates individual and organizational behavior change from the inside out at companies of all sizes.

What's Included?

- Communities Content Platform with more than 2 years worth of weekly mindfulness curriculum
- Premium access to the Wise@Work App for participants
- Community Leader support for onboarding and orientation
- Regular coaching calls with Senior Wisdom Labs faculty
- Ability to run weekly sessions in-person or virtually

Curriculum Includes:

- Navigating Stress at Work
- Building Resilience
- Diversity & Inclusion Using Mindfulness
- Empathy, Compassion, & Collaboration
- Honing Creativity, Focus, & Productivity
- Expanding Emotional Intelligence
- Mindful Leadership



What Customers are Saying:

"I see the fruits of our community practice in the way our colleagues treat and care for one another, in the way we coach and support our teammates, and in the stories and feedback shared." - Community Leader, LinkedIn

"Wisdom Labs quickly provided new guided meditations, and the content is so relevant during these uncertain times. I have had co-workers say the sessions have been a lifesaver, and they have for me as well. I'm so grateful for my Wise@Work Community." - Community Leader, Kauffman Foundation