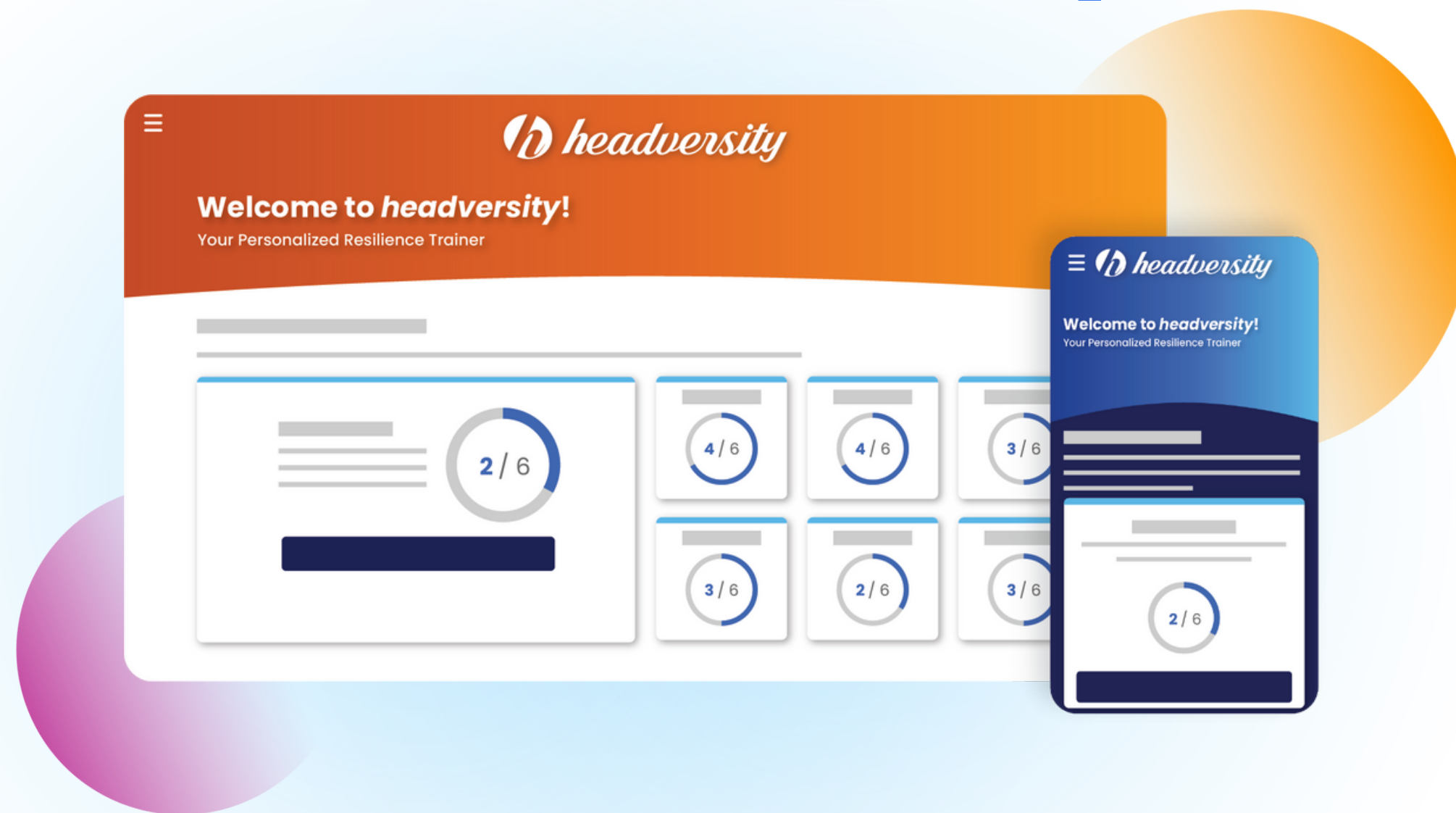




Resilience tools for **today's workforce**



headversity helps you get ahead of adversity. We are a mental health training technology that's built for employees, helping more than 1M learners worldwide upskill resilience, behavioral health and psychological safety. Our skill-based approach to training is helping to bring mental health to the center of work culture.

This document is confidential, privileged and only for the information of the intended recipient.



headversity is a workplace mental health and resilience platform that's built for the modern workforce. We help put tools in your hands to build personal and organizational resilience to get ahead of adversity. These tools include:

Training

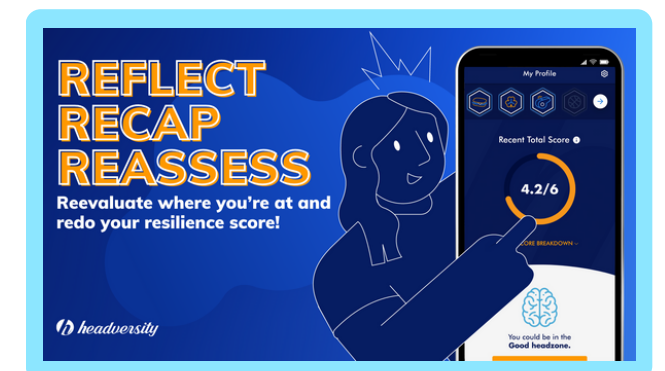
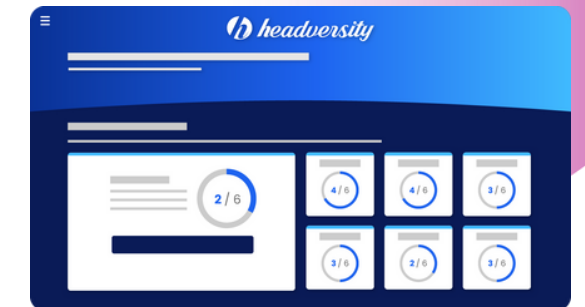
With best-in-class education technology that is optimized for mobile devices, *headversity* engages you with its evidence-based resilience training methodology that's built for all learner types.

Reporting

headversity uses machine learning and a validated resilience psychometric to accurately measure your resilience skill set in real-time. You can self-assess where you're at and follow your personalized learning path to train the resilience skills in most need. Leaders can get aggregated reporting of their teams.

Communications

We work with organizations to seamlessly integrate communications into your company ethos, on your channels, to ensure training touches everyone, on any device.





Measure

A resilience score for the first time ever

Most people don't know where they stand and have no benchmark to keep them on track. With *headversity*, you can identify your resilience skill scores in real-time and understand the skills that need a boost to improve your overall resilience.

Learn

Learn foundational concepts to build resilience

Resilience, your readiness to face adversity, is essential to buffering against the negative effects of stress, improving mental wellbeing and boosting performance. You get access to these concepts in our SOLO app.

Train

Apply the resilience concepts in the flow of work

Our guided learning paths, personalized to each individual's needs, train resilience on the skills most ready for improvement at that moment. Best of all, the micro-training skills can be applied in real time, within your workday.



6 point training platform

Our 6-point curriculum is based on the leading-edge of resilience science. All lessons and training tools are informed by years of psychiatry, neuroscience, and performance psychology that drive impact in both individuals and organizations.



Self expertise

Know your purpose; know your why.



Mindfulness

Stay grounded, stay focused, and be here.



Mental health

Understand illness and when help is needed



Mental fitness

The tools top athletes use to regulate stress.



Hardiness

Gain the assets needed weather the storm.



Energy management

Move often. Eat for energy. Sleep well,



20+

Daily practice tools



150+

Video/audio lessons



50+

Learning games & quizzes



40+

Guided micro-practices



SOLO Training

Personalized & private training for all employees

- 5-minute Micro Lessons
- Personalized Learning
- Upskilling Tools
- Behavioural Insights
- Evergreen Content



TEAM Training

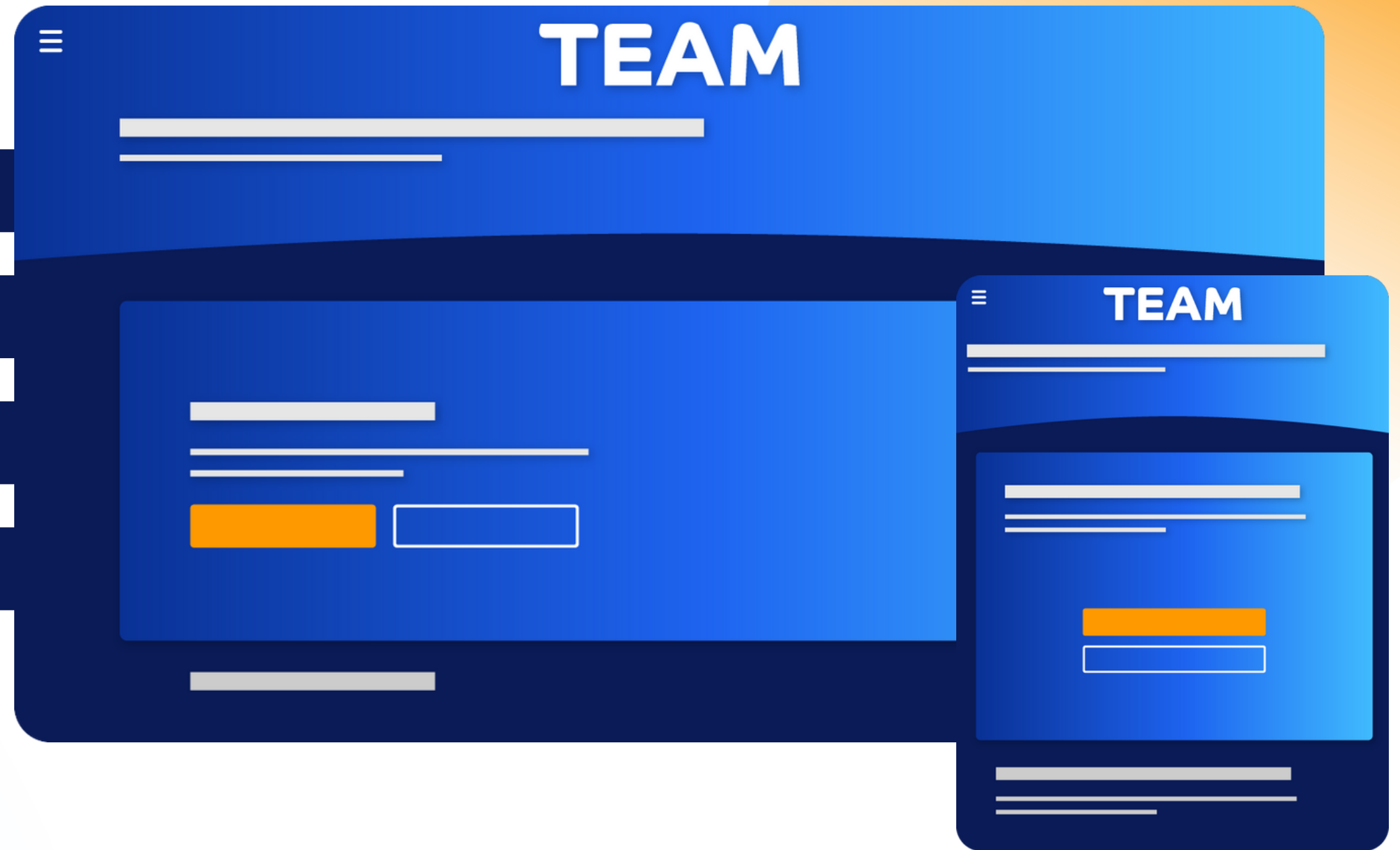
Tools for leaders to engage their teams

5 – to – 7 minute training

Interactive polls

Skill-building videos

Group pursuits



REACH

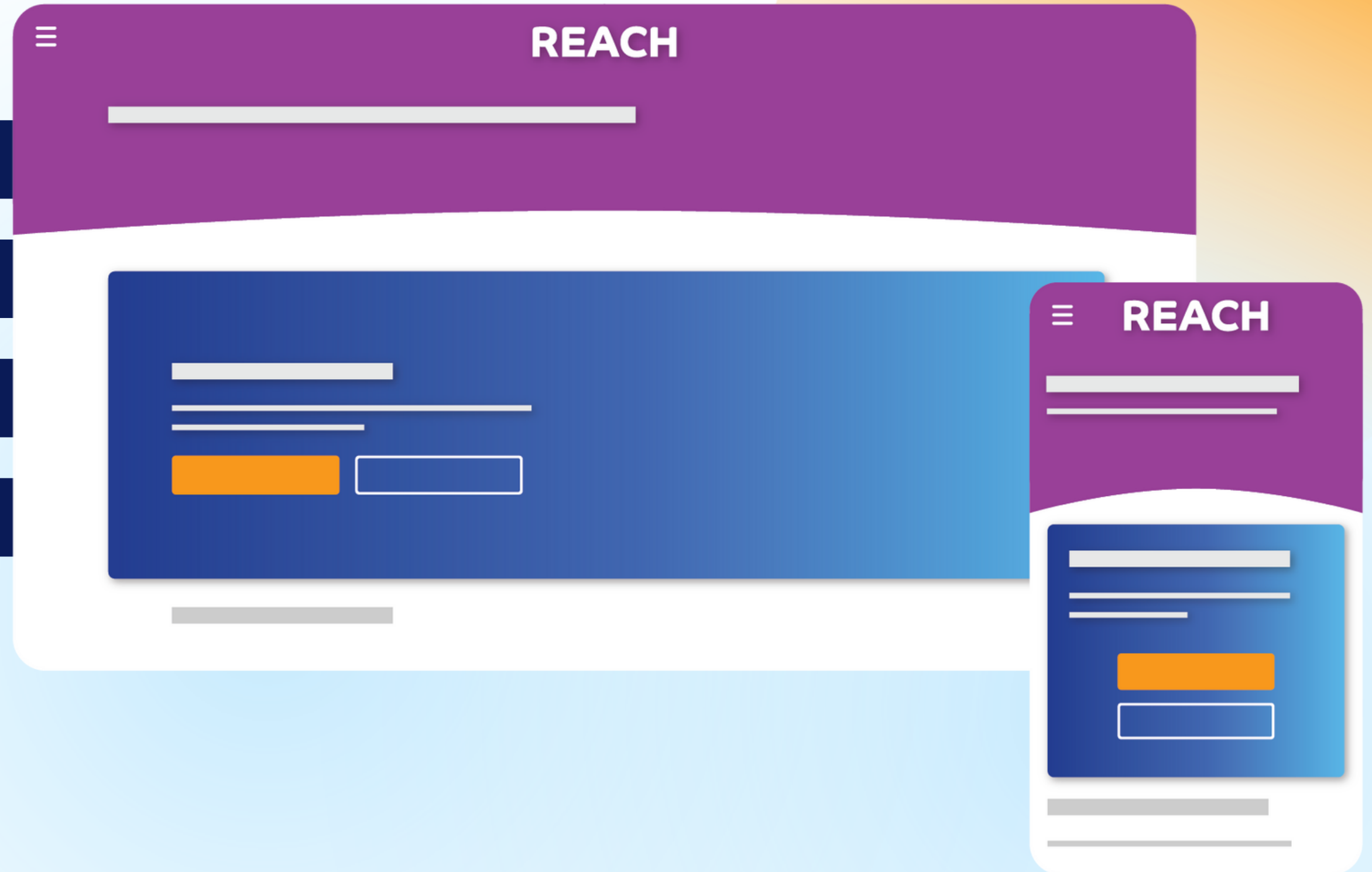
Seamlessly access headversity curated content or leverage the advised calendar cadence to drive the messaging and resources with ease.

Admin dashboard

Curated Content

Content Calendar

Data Insights



Statistics

Qualified numbers directly from our users

Of Learners who initially answer “I don’t know what is meaningful in my life”...

- 76.92% of learners/users that do at least 5 training sessions on headversity SOLO improve their sense of meaning (to either actively trying to find meaning in their life, or feel their life is meaningful)

Shell (Scotford), a 1200 employee business unit, realized a 9% year-over-year increase to Employee Engagement results, the main drivers being increased employee happiness and mood.

- Shell directly attributed this improvement to *headversity*
- Further, because of these results, Shell Scotford won a Global EVP Award for their Headversity Resilience and Change Readiness program – Only 10 are given across all of Shell for any initiative

Enmax HR leaders attributed usage of Headversity SOLO (app) to shorter durations of Short Term Disability, and employees’ readiness to return to work.

15% increase to validated resilience skills.

- Headversity learners (users) improve their resiliency by 15% in as little as 2 hours of training in 5-minute sessions.

Case Study – Canadian Bank – findings: A/B test of control group found headversity users used 2.5 fewer sick days a year.

Impact



1M+ Lives

14+ Industries

22+ Countries

