

WHOLE ORGANIZATION

Transforming workplace mental health and wellbeing means driving change at every level. With Unmind Whole Organization, you get the insights and expertise you need to support your entire company, and everyone in it.

Why take a whole-organization approach?

A whole-organization approach tailors support to each level of your business. It gives your leaders and champions the support they need to create a healthy workplace, and your people the care they need to manage and improve their own wellbeing.

Organizations with mature wellbeing cultures are:

11%

more likely to have low levels of absenteeism*

220%

more likely to meet financial targets*

540%

more effective at recruiting people*

Good morning, Julia

Your focus

Stress & anxiety

Before work

Taking Things for Granted

1 min • Daily Boost

Box Breathing Technique

5 min • Relax

During work

Re-think Stress

4 min • Relax

Managing Distractions

6 min • Work

Today

Explore

Track

Talk

Wellbeing

Moods

Month	Mood Level (%)
JAN	80
FEB	70
MAR	90

Financial impact of poor mental health:
Estimated annual cost.

£34.4m

Theme	Score	Benchmark
Overall negative impact of work on mental health	19%	26% >
Presenteeism	13%	14% >
Absenteeism	16%	11% >
Attrition	23%	13% >

Work

Sleep

Relax

Grow

Overcome

Body

Choosing Growth

Develop your wellbeing with change.

2 min

Manage Like a Coach

Try the coaching leadership style

3 min

UNMIND INSIGHTS

Unmind Insights gives leaders and HR teams the data they need to create a wellbeing strategy that works.



Measure your company wellbeing culture and the social determinants that influence it with the Workplace Index, designed by organizational and clinical psychologists.



Calculate the financial impact of mental health on your organization and prove the value of investment.



Maximize ROI with actionable insights to direct spend where it matters.



Compare against world-leading organizations with Global Benchmarking.



Develop a targeted wellbeing strategy with tailored recommendations and insights.

UNMIND MANAGERS

Develop empathetic leaders to build an organization where mental health can thrive.



Upskill your managers with practical tools to nurture wellbeing in the workplace.



Over 40+ videos and courses to build high performing teams.



Training that really works: engaging, micro-content developed with organizational psychologists.

UNMIND ELEVATE

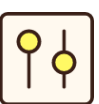
Best-in-class, proactive wellbeing support to help your people flourish.



Science-backed, proactive content for on-demand to allow your people stress less, sleep more and cultivate resilience.



Support global workforces with 6 languages.



Proactively measure and manage mental health with the Personal Wellbeing Tracker - developed with the University of Cambridge.

PARTNER FOR SUCCESS

Industry-leading Client Success team

- Strategic partnership to extend your in-house team.

Drive engagement and adoption

- Inspire your team with content and campaigns developed by Growth Marketers.
- Build community with Spaces - live and online events that cover mental health topics and bring training to life.

Built for enterprise technology

- Synchronize with your employee experience ecosystem.



71%

of employees reported reductions in stress after engaging with Unmind content*

90%

of managers proactively changed their behaviour after learning with Unmind***

\$9,072

estimated savings per employee in reduction in presenteeism through using Unmind****

Uber

Pernod Ricard



GIBSON DUNN

SONY

SAMSUNG

KEARNEY



SHEARMAN & STERLING



Fox Rothschild LLP
ATTORNEYS AT LAW



Calix

*Bersin, Josh. (2021) The Definitive Guide to Wellbeing The Healthy Organization.". The Josh Bersin Company.

**Economides, M., Bolton, H., Male, R., Cavanagh, K. Feasibility and Preliminary Efficacy of Web-Based and Mobile Interventions for Common Mental Health Problems in Working Adults: Multi-Arm Randomized Pilot Trial. JMIR Form Res. 2022 Mar 3;6(3):e34032. doi: 10.2196/34032. PMID: 35238794; PMCID: PMC8931651.

***After completing Unmind course 'Workplace of Tomorrow'. Client pilot Aug 22. (n = 67)

****Economides, M., Male, R., Bolton, H., Cavanagh, K. (2023). Feasibility and preliminary efficacy of app-based audio tools to improve sleep health in working adults experiencing poor sleep: a multi-arm randomized pilot trial. In Press.

Unmind