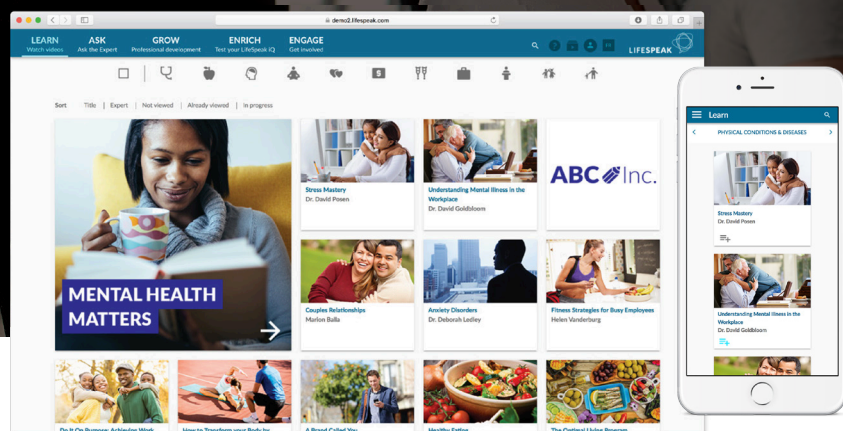


Life follows your employees into work every day.



Video is a powerful teaching medium.

The LifeSpeak platform boasts hundreds and hundreds of expert-led video trainings on the widest range of topics out there: **mental health, fitness, financial well-being, relationships, eldercare...** you name it.

Users can access trainings 24/7/365 from any computer or device.

So can their family members, because we understand that total well-being extends beyond the individual employee. Access is 100% confidential and includes videos, audio podcasts, and expert-written tip sheets. Our users also have regular access to our experts in real time, which allows them to have their pressing questions answered immediately.

People use LifeSpeak enthusiastically.

Thanks to LifeSpeak's turn-key account management services — which start with program launch and include all communications, integration, special initiatives, education campaigns, contests, and much more — LifeSpeak programs are heavily used across our client base.

LifeSpeak's platform is completely accessible, responsive, and available in multiple languages.

LifeSpeak can be used as your stand alone well-being platform, or integrated into any existing wellness program. The platform will also guide your employees to the next steps in their well-being journeys by connecting them to your other resources.

Our story.

People need to feel like they are not alone with their problems.

Prior to 2004, LifeSpeak's CEO and Founder Michael Held worked as a corporate lawyer and then a strategy consultant for a global consulting firm. Every day, people came into his office burnt out and struggling, convinced that they were the only ones facing parenting, eldercare, and health challenges that were making it difficult for them to give their jobs their all. What became clear was that employees truly need support — and smart, well-informed employees weren't willing to learn from just anyone. They wanted to learn from acclaimed experts who had actually written the books they were reading on these topics. They also needed to be able to do it when and where suited them best.

Michael understood that arming people with the means to effect positive change in their lives at their own pace gives them the ability to tackle whatever their own lives throw at them. The human experience is both universal and as infinitely varied as the people living it; LifeSpeak programs respect this.

Our experts.

Your employees want access to vetted information presented by someone they can trust.

LifeSpeak experts are doctors, psychologists, professors at renowned institutions, authors... in short, they have impeccable credentials, extensive experience, and are at the top of their fields.

Their passion and personalities shine through their videos, engaging our users and providing a human element to a digital experience. Our experts provide our users with practical and easily implemented tips to help them make real changes in their lives.

Find out how the LifeSpeak total well-being platform can help your employees and your business grow and thrive.

Email
info@lifespeak.com

Website
www.lifespeak.com

LifeSpeak's holistic approach to well-being, by the numbers:

97%

Client renewal rate

15 Million

Lives served

1800+

Expert-led trainings