

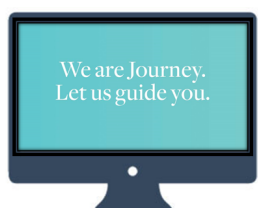
Virtual Stress Management & Mental Wellbeing Program

Like physical fitness for the body, our mental fitness program trains people to focus and calm their mind, giving them the ability to better manage stressful situations at work and outside of it. This helps to:

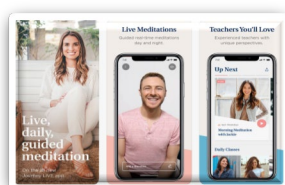
- **REDUCE BURNOUT:** After 8 weeks, participants in the Journey program reported a 20% reduction in stress
- **REDUCE STRESS-RELATED ILLNESS:** In a Humana clinical study, participants in the Journey program missed 51% less work than previous month
- **INCREASE PRODUCTIVITY:** Participants in the Journey program reported a 10% increase in productivity after 8 weeks
- **INCREASE ENGAGEMENT:** At Morgan Stanley, 100% of employees reported improved mood after 8 weeks of the Journey program

Program Components

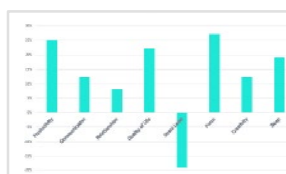
The Journey program has multiple components and combines online and offline learning in a powerful way.



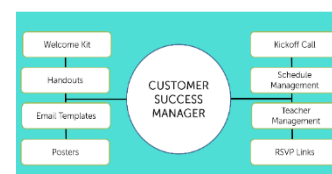
Weekly 30-Minute Journey Class
(In our private virtual classroom)



Digital Content Library
+ Journey Live App



Business
Impact Metrics



Customer Success &
Communication Strategy

Clients

facebook



Morgan Stanley



NBCUniversal

VIACOM

DavisPolk

wework

CONDÉ NAST

D | DOW JONES

SONY

swæetgreen

pillsbury



SULLIVAN & CROMWELL LLP



HSS HOSPITAL FOR
SPECIAL SURGERY

GitHub

“Journey Meditation has been an incredible asset to Warby Parkers’ Health & Wellness initiative. The workshops we’ve done together have not only taught our employees how to find a calm inner peace in the workplace but have also served as a great tool for transforming personal lives.”

— Zac Felsenstein, Head of Employee Experience

WARBY PARKER