


Liberate

Corporate Offerings

Help Your Team Get Stronger



Stress is up,

and it's bringing work down

80% of workers feel stressed and anxious

50% of workers say they need help in learning how to manage stress

It's more important than ever to maintain a strong company culture and support employees' mental wellbeing. We can all thrive together, even as we work remotely. Liberate is here to help.

Mindfulness Reduces Stress

A study done by Aetna showed employees who participated in at least one mindfulness class reported on average a **28% reduction in their stress levels**, a 20% improvement in sleep quality and a 19% reduction in pain.

Research indicates that organizations that invest in the well-being and energy of their people see **four times higher profit, and more than 20 percent gains in productivity and innovation**. They also are better prepared to handle shocks such as COVID-19 or other business-model disruptions with greater speed and resilience in the future.

That's something we can all get behind.

Source: "How Aetna's Bertolini embraces mindfulness to improve company culture" Fierce Health Care, 2015

Source: "Overcoming pandemic fatigue: How to reenergize organizations for the long run" McKinsey, 2020

Our Purpose

Liberate is the go-to resource for mental fitness, on a mission to end burnout for good.

Team Benefits:

- Learn to manage and release stress and anxiety
- Improve your employee's mental wellbeing
- Connect remote teams and lift morale
- Strengthen employee relations and culture

Through an empowering blend of physical movement, mindfulness practice, and community, Liberate classes build key skills like courage, self-love, and resilience, to help employees feel their best and do their best work.



Our Proven Method

Developed with a Mental Performance Coach, our Method blends mindful movement, journaling, conversation, and meditation to create a dynamic workout for your mind.

Every class flows around a mindful theme that represents a skill to strengthen: presence, courage, gratitude, pride, and resilience.

Class Flow:



Improved State of Being

We offer qualitative and quantitative reporting to measure the impact of our mental fitness program.

Participants complete an intake form before and after our program to track improvements in mental muscle strength throughout our work together.

100%

Of program participants report gaining valuable skills for work

90%

Of program participants report decrease in anxiety

300%

Participants feel up to 300% more capable after a single class

Our Partners

Uber

S&P Global



LinkedIn

Google



Fairmont
HOTELS & RESORTS



Morgan Stanley



WHOOOP®

Personalized programs with results



GREYSTAR™



stellarhealth

Ansys

ANINE BING

WAVE.tv



attn:

Learfield | IMG
College

DELICATO
Family Wines



Help Your Team Get Stronger

Liberate Corporate Offerings

Option 1: Mental Fitness Course

Build a toolkit of tangible mindfulness tools that translate to work and personal life.

Perfect For:

- team bonding
- skill building
- wellness program kick-off

What's Included:



Intention
setting
workshop



Mindfulness
with coffee
workshop



Confidence
workshop



Resilience
workshop



Mental
fitness
reporting



Option 2: Mental Fitness Program

Boost feelings of confidence, capability, and calm, and form deeper connections with team members.

Perfect For:

- team bonding
- skill building
- ongoing mental wellness support

What's Included:



1 monthly
custom class



On demand
access



Mental fitness
reporting



Option 3: Mental Fitness Enterprise Access

Access unlimited and personalized mental fitness resources for every team and every employee.

Perfect For:

- team bonding
- skill building
- personalized mental wellness support

What's Included:



Unlimited
private classes



Private
training



On demand
access



Mental fitness
reporting



A La Carte: DEI Workshop - Gender and Race

Our unique, interactive workshop uses mindfulness to foster inclusion and equity and empower change.

Perfect For:

- awareness
- healthy work environment
- inclusive culture

What's Included:



60 minute
workshop



Journaling
included



Q&A



Clear action
items



A La Carte: Meaningful Mindfulness Session

Host an engaging speaker session that breaks down what mindfulness really is, the benefits, and how to easily practice mindfulness daily.

Perfect For:

- skill building
- introduction to mindfulness
- lunch & learn

What's Included:



50 minute
workshop



Meditation
included



Q&A



E-book of
mindfulness tips



Thank You

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 community@liberatestudio.com

 [@liberatestudio](https://www.instagram.com/liberatestudio)



Appendix

On Demand Access

Give your team the opportunity to explore and build a mindfulness practice on their own time. The subscription includes 5-60 minute wellness classes from journaling to hypnosis to meditation.

What's Included:



Liberate
Method
classes



Special
workshops



Liberate
Method
meditations



Self-guided
programs

Benefits

- Destress
- Strengthen mental muscles
- Feel supported 24/7



On Demand Library

Available on
web and mobile!

The library is updated weekly and currently includes 200+ mental fitness workout classes and mindfulness programs.

Formats:



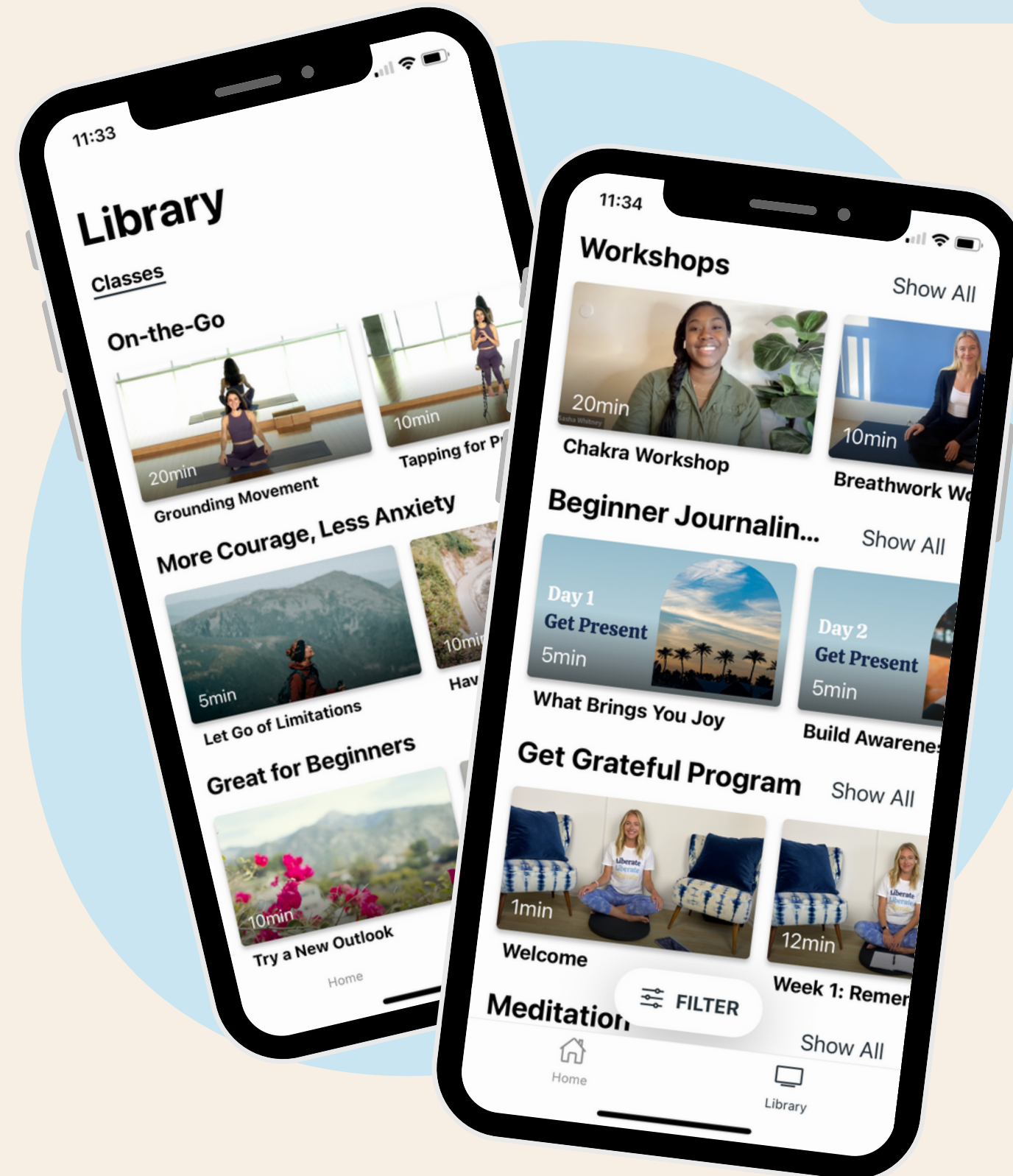
Liberate
Method
video



Meditation
audio



Journaling
PDFs



Team Building Classes

Liberate leads live and virtual 30-minute Liberate Method classes focused on our five mental muscles.

These classes are a guaranteed way to help team members connect with each other and find more joy, calm, and light within themselves and their work to create lasting change.

Benefits:

- Destress
- Heighten focus and productivity
- Boost morale
- Connect remote teams
- Strengthen employee relations and culture



The Working on Yourself Workout

Tone Mental Muscles:

Presence

Find joy in the here and now

Skills:

Focus
Awareness
Acceptance

Courage

Shift your perspective

Skills:

Vulnerability
Problem-solving
Positive thinking

Gratitude

Exercise an attitude of gratitude

Skills:

Appreciation
Kindness
Relationship-building

Pride

Step into your power

Skills:

Self-love
Confidence
Compassion

Resilience

Rise to any challenge

Skills:

Creativity
Flexibility
Clarity

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E-book of
mindfulness tips



Program Testimonials

Ryan W. in New York, NY:

“I never journaled before because it always seemed off-putting for some reason, but the structured approach to it in these classes is great. Everyday I use the exercises to flip negativity. That part really did change my life. My wife is also using it now!”

Marie L. In Austin, TX:

“For someone has never done yoga, this was an incredible experience and course to go through. Paired with the opportunities to improve personal mental health, I felt that this course helped me appreciate movement and my body and mind for the first time.”

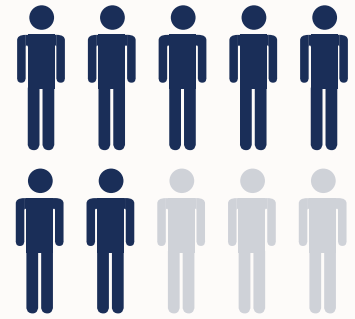
Bridget O. in San Diego, CA:

“I am so impressed with my company for setting this program up for us. I feel so much more connected to my coworkers and just happier at work. I want to keep doing this every week.”

Sally L. in Boston, MA:

“I'm making real progress throughout this course. Last week Get Courageous really helped me manage my anxiety. I reflect every Sunday and am really proud of myself for the changes I'm making because of this.”

7 Remarkable Employee Wellness Program Statistics



A workplace that enhances employee health and wellbeing would encourage 7 out of 10 to stay at their current job.



38%

Of wellness program participants said it helped them take fewer sick days.

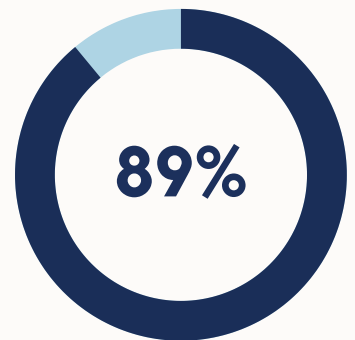


61% of employees agree that they've made healthier lifestyle choices because of their company's wellness program.

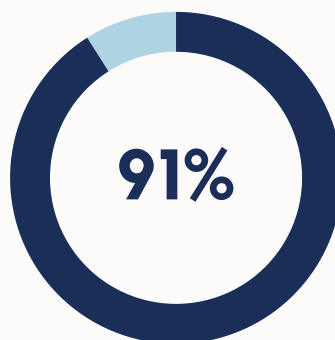


38%

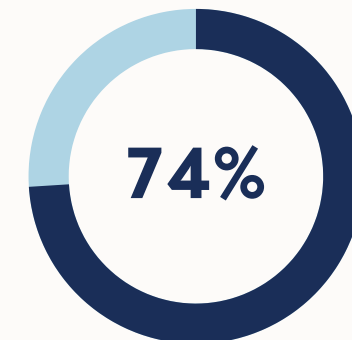
Of employees say their employers should offer financial rewards for living healthy lifestyles.



Of workers at companies that support well-being efforts are more likely to recommend their company as a good place to work.



Of workers at companies that support well-being efforts say they feel more motivated to do their best.



Of employers view well-being as important to employees and a useful tool for recruiting and retaining staff.

Statistics and inspiration from <https://customerthink.com/10-stunning-employee-wellness-program-stats-infographic/>