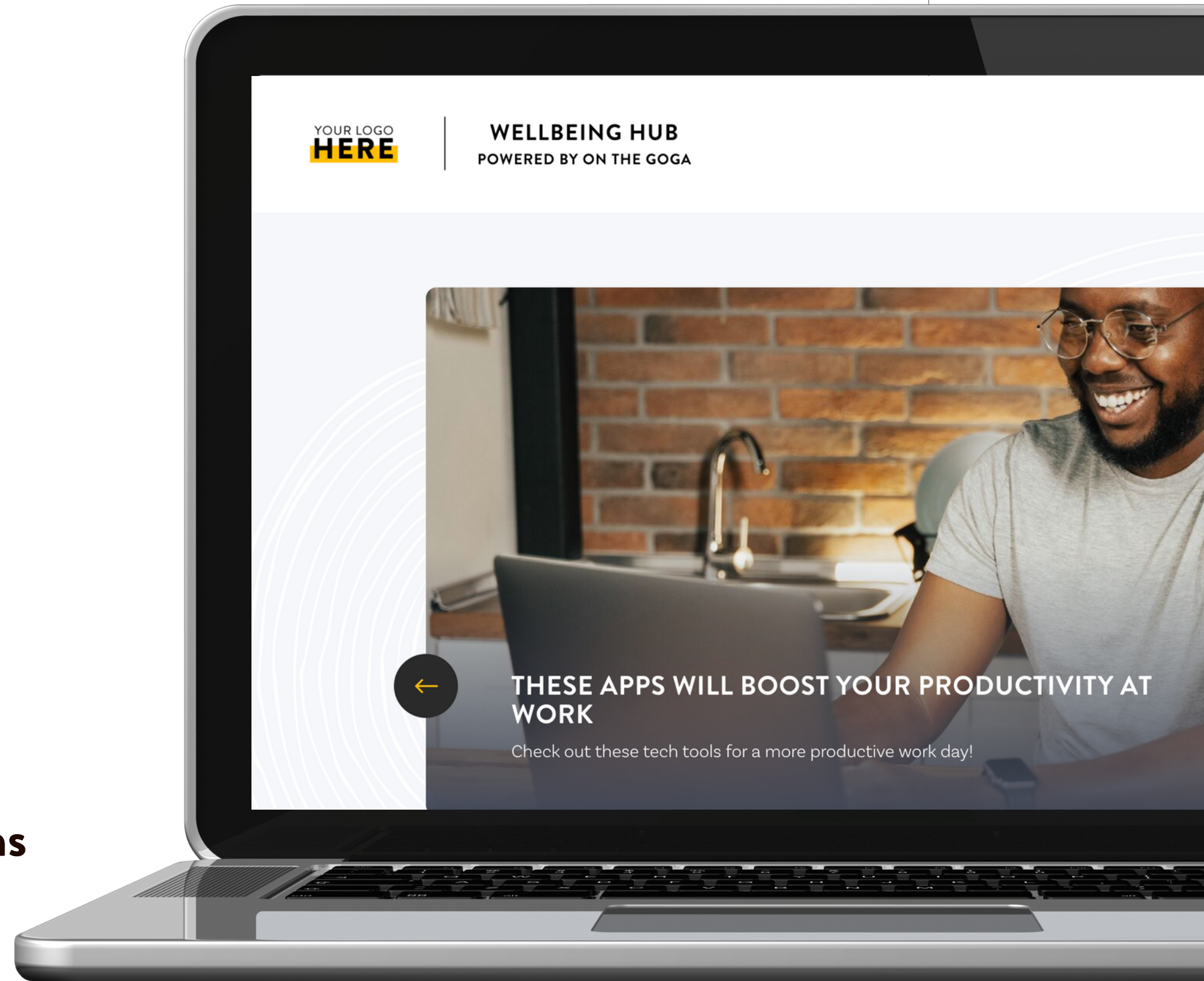




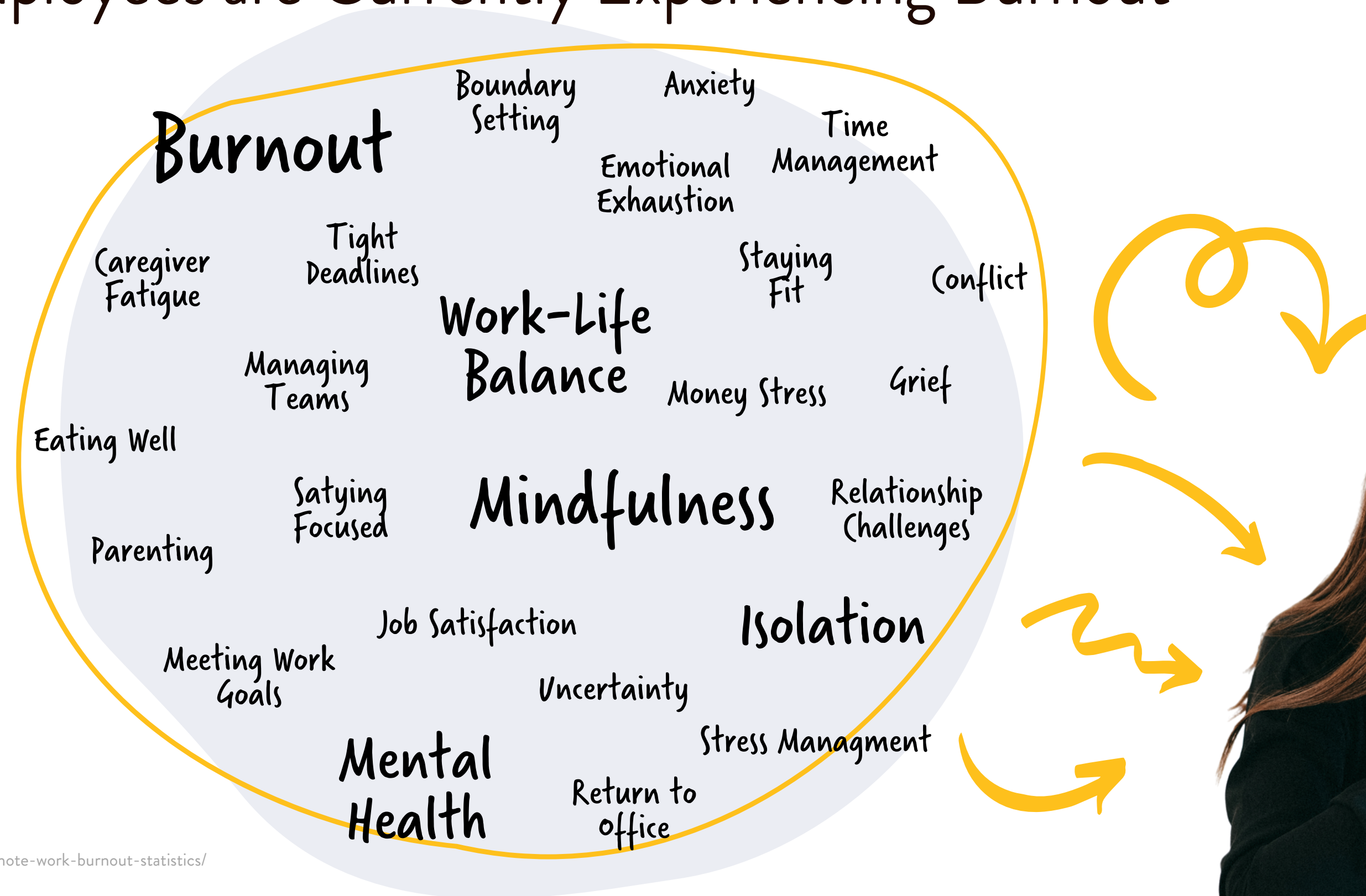
Experience Wellbeing, Differently.

**Virtual Experiences that Support the
Wellbeing + Culture of Distributed Teams**

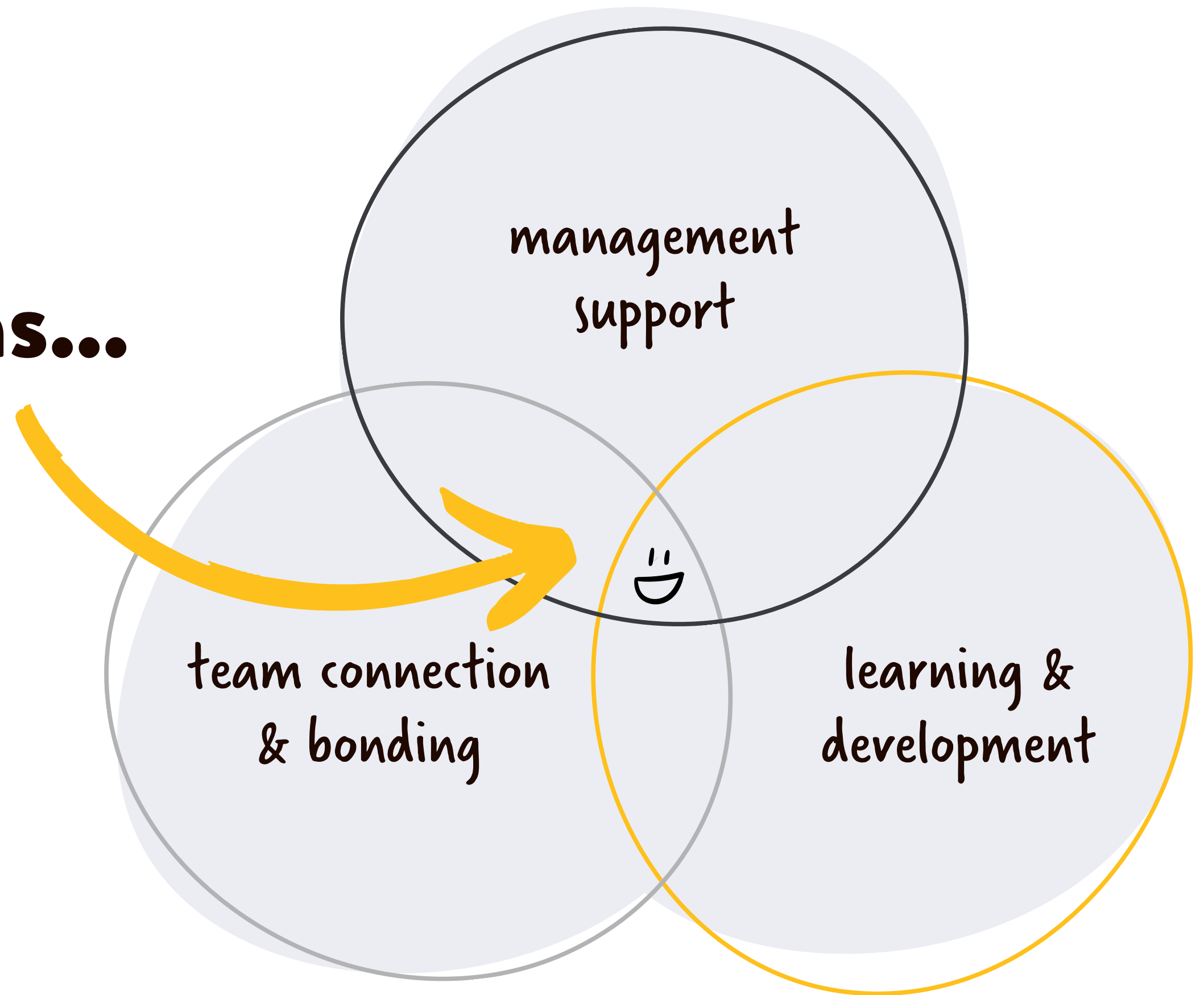


Employees Are Overwhelmed

77% of Employees are Currently Experiencing Burnout



There's something missing in most wellbeing programs...



Reality

Fitbits Will Not Solve the
Burnout Epidemic

(even if they are pretty cool)



WHY WE LOVE SUPPORTING BROKERS

You Know Your Clients Best

We Work Best with These Types of Teams

Remote and distributed teams

Teams that need help with culture and connection

Teams that are tired of wellness programs that don't work for them





We help you offer something **different**



Net Promoter
Score



Higher Utilization Than the
Average EAP



Increase in Remote
Connection Over 3 Months



**Above 80/100 is ranked as
"World Class Service"**





**ALRIGHT, LET'S TALK ABOUT
PRODUCTS**



Wellbeing Experiences Teams Love!

FIND YOUR WELLNESS WORKSHOP

Explore and book On The Goga's top wellness workshops, or request the full workshop menu below!

[BOOK A WORKSHOP](#)


A Few of our Happy Clients



over 100+ Unique, Live Workshops

Virtual Wellbeing Experiences

Up to 500 Participants

✓ 30-60 Minute Live Sessions

Emotional Wellbeing

Emotional wellbeing drives happiness and health from the inside out. When we practice emotional wellbeing, we foster emotional stability, happiness, and self confidence while motivating ourselves to achieve our goals.



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Emotional

Mindfulness 20-60min

Mindfulness Workshops explore the science and practice of paying attention differently

Mindfulness 101

Explore what mindfulness is and the science behind how it affects our brains and bodies. Practice simple exercises you can add right into your routine.

Intro to Meditation

Mindfulness meditation helps to instantly lower stress and trains your brain to stay calm under pressure. This workshop covers the foundations of meditation along with practices to get you started.

Meditation Break

Want to encourage your team to step away from their desk and cultivate a practice of mindfulness? Meditation breaks are twenty-minute meditation sessions where team members can relax, decompress, and reset their brain. The breaks are designed for your unique team, and focus on research-backed meditation techniques.

8-Part Meditation Series

Want to help your team grow their personal practice of meditation? This is the place to start. Each session builds on the last and over the course of the series, participants will learn, discuss and practice 8 methods of meditation.

Brain Hacks 45-60min

Brain Hacks help us understand how the brain works and use that knowledge to improve our workday

The Productivity Secret

What makes us truly productive? How do we define when we've had a productive day? In this workshop, we'll learn what productivity really means for us, along with simple ways to live and work more productively.

Routine Success

Whether you're the spontaneous type or more regimented, habits are a powerful tool for success. This workshop will help you identify and craft habits that support success in life and work.

Goal Setting

Have a goal you've been struggling to reach? This workshop takes you through a toolkit of goal-setting practices and techniques for getting you over the hump to reaching any goal.

Know Your Work Style

Every one of us has a unique way that we approach challenges, opportunities, and projects. In this workshop, we'll identify our working style, and learn how it may differ from our peers, employees, and supervisors to help us build positive and collaborative work environments.

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WELLBEING CHALLENGES

Month-long, interactive challenges
for remote and distributed teams

WELLNESS BINGO

THE CLASSIC BOARD

Wellbeing looks different for each of us. This light-hearted wellbeing bingo game will lead you to explore different ways to focus on wellbeing throughout the month. There's no right way to approach it, just use it as an opportunity to think about what wellbeing might look like in your life right now.

Go for a Walk	Call a Friend to Catch Up	Attend an OTG Workshop	Cook a Healthy Meal	Take a Stretch Break
Browse the Wellness Library	Spend Time Reading	Go for a Bike Ride	Meditate for 5 min	Write Down What Makes You Happy
Drink 8 Glasses of Water	Set 3 Goals for Your Day	FREE SPACE	Share your Appreciation for a Coworker	Go to Bed 30 min Early
Reflect on Your Day	Reduce Screens 1 hr Before Bed	Make a New Recipe	Take a 20 min Break from Tech	Complete a Workout of Your Choice
Get Outside for 20 min	Try a New Form of Exercise	Write 3 Things You're Grateful For	Facetime a Loved One	Take a

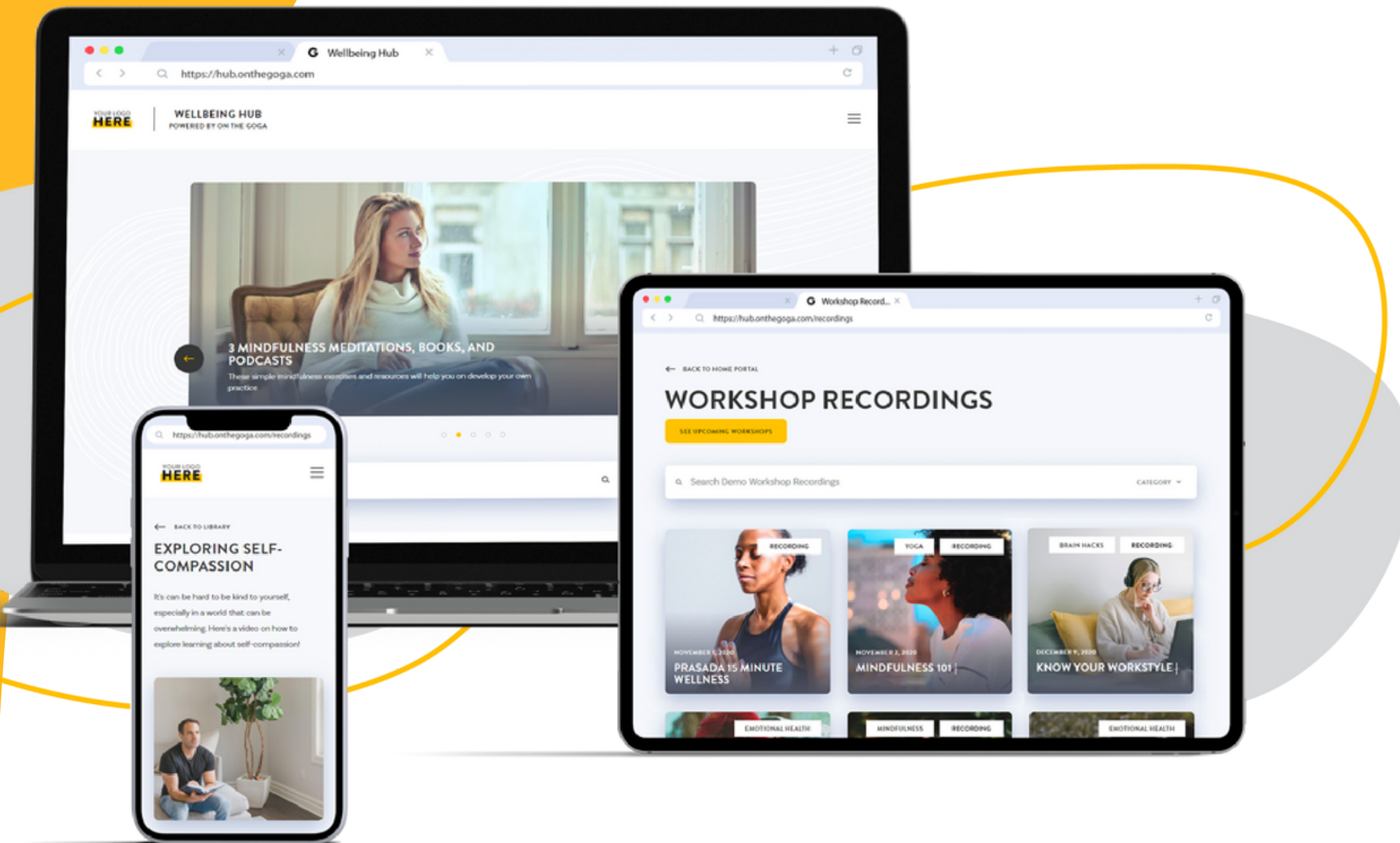
HOW TO WIN

Complete any 5 activities in a row from the board to be entered to win a prize! Or complete all of them for SUPER BINGO! Submit your answers on the bingo challenge page on your hub, or scan the QR code to the right.



For Teams From Anywhere

THE WELLBEING HUB



Cloud-based Wellness for Distributed Teams.

100+ Searchable Wellness Resources.

Monthly Live Wellness Workshops Available to Every User.



**THE BEST WAYS TO
GET STARTED.**

offer Your Clients Something New

Cobranded Virtual Experiences

SUPPORT WELLNESS

one virtual experience
at a time!



YOU + US

Including Workshops,
Newsletters, Challenges,
and more!

OFFER **DISCOUNTS** YOUR CLIENTS CAN'T GET ANYWHERE ELSE.

We work with select benefits brokers across the country to offer premium access to our wellbeing programming.

↓ ↓
Discounts on Wellness
Experiences

↓ ↓
Internal
Referral Incentives



Brand & Customize Wellness Experiences

Show Your Support for Wellbeing.



Offer Clients a White-labeled Workshop Scheduling Page.

Customize & Brand On The Goga Wellness Challenges.



Everything in One Place

Because Every Experience Matters



That's a Wrap!

What questions can I answer for you?

Schedule a Call

Your contact at on the Goga
Anna Greenwald, Founder & CEO

EMAIL

anna@onthegoga.com

PHONE

267-277-3063 ext 700

