



journey
MEDITATION

STRESS MANAGEMENT &
WELLBEING PROGRAM

Journey was founded
with the mission of helping
people live happier,
healthier, less stressed
lives.





With the help of leading scientists and workplace wellness experts, we built a powerful Stress Management & Mental Wellbeing Program.

Like physical fitness for the body, this mental fitness program trains people to focus and calm their mind, giving them the ability to better manage stressful situations.



Benefits





Reduce Stress & Burnout

36%

Meditation in the workplace led to a **36% decrease in stress levels** – Duke University¹

20%

After 8 weeks, across all clients, employees in the Journey program reported a **20% reduction in stress.**

1. Wolever RQ, Bobinet KJ, McCabe K, Mackenzie ER, Fekete E, Kusnick CA, Baime M. (2012). Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial. Journal of Occupational Health Psychology. 17(2), 246-58.

Increase Resilience

76%

Meditation boosted the immune system and employees missed **76% fewer days of work** – University of Wisconsin²

51%

In a Humana clinical study, participants in the Journey program **missed 51% less work** than previous month.



1. Davidson RJ, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan JF. (2003). Alterations in brain and immune function produced by mindfulness meditation. Psychosomatic Medicine, 65(4), 564-70.



Improve Culture & Engagement

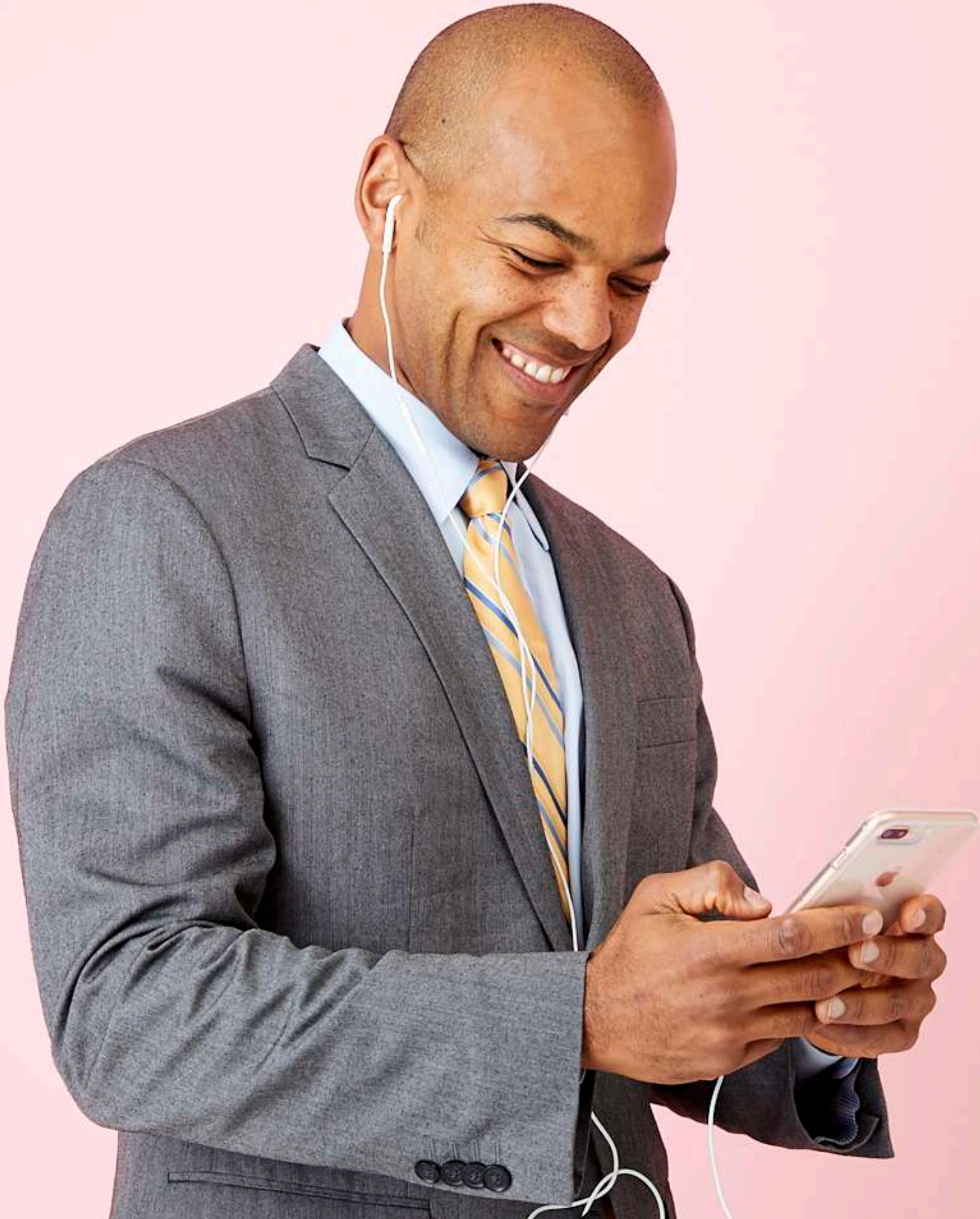
Meditation **made employees happier** and **more in touch with what they loved about their jobs**

— University of Wisconsin³

At Morgan Stanley, **100% of employees reported improved mood** after 8 weeks of the Journey program

1. Davidson RJ, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan JF. (2003). Alterations in brain and immune function produced by mindfulness meditation. Psychosomatic Medicine, 65(4), 564-70.

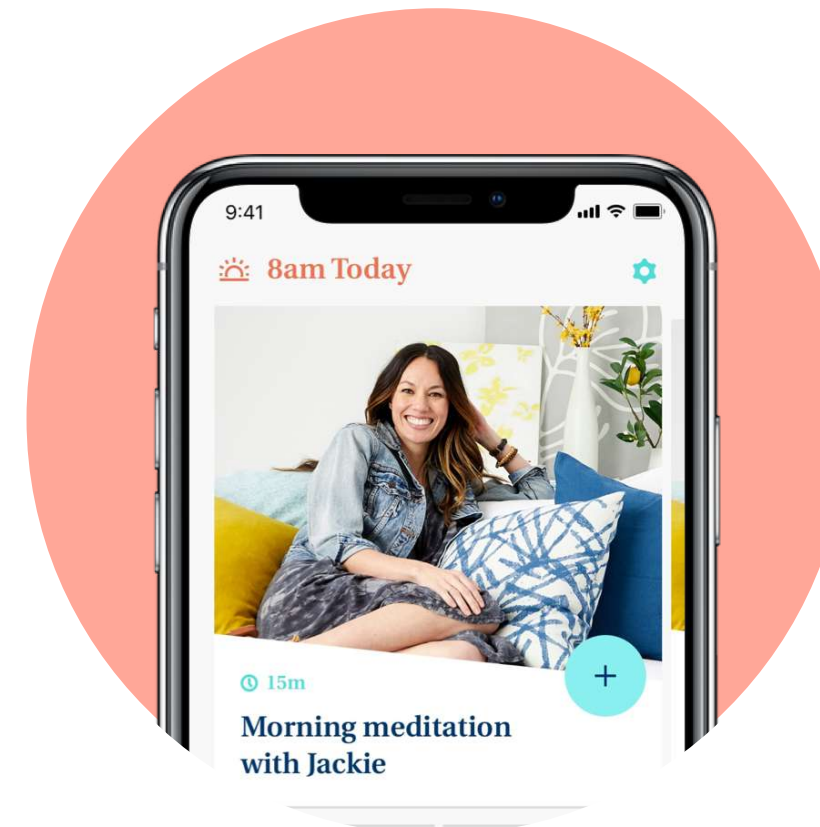
Program



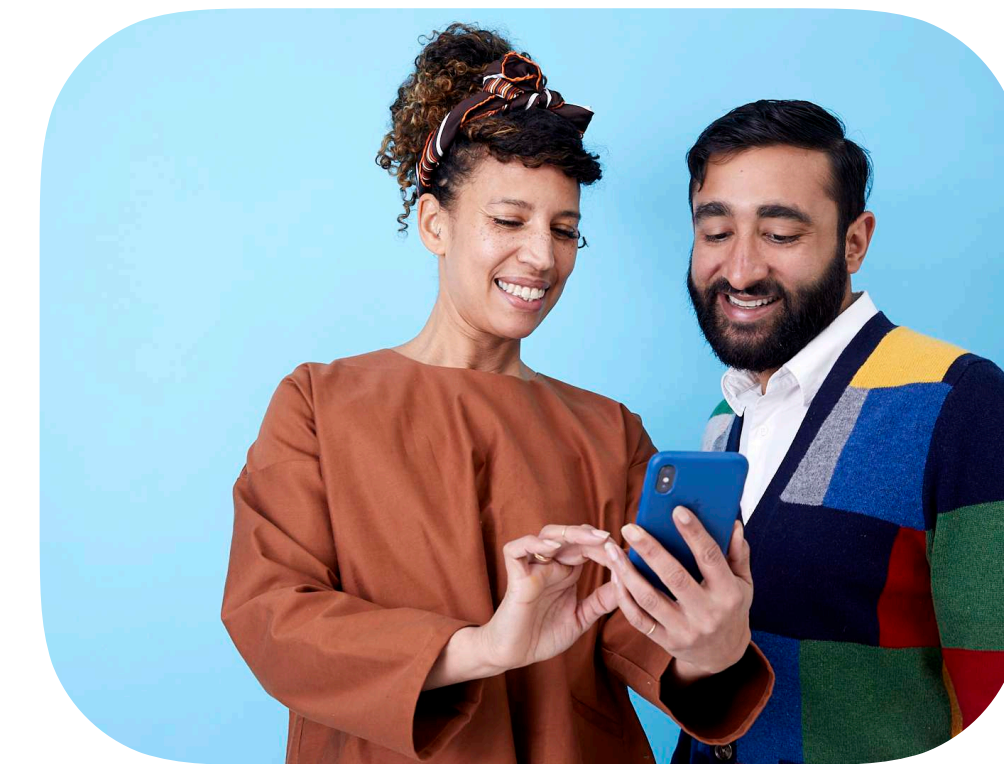
Journey's Stress Management & Mental Wellbeing Program



**Live Group
Sessions**



**Digital Library
+ Journey LIVE**



**Full Program
Support**

- Employees build resilience and learn to more skillfully navigate the challenges of work
- Employees develop life-changing skills while connecting to themselves and others

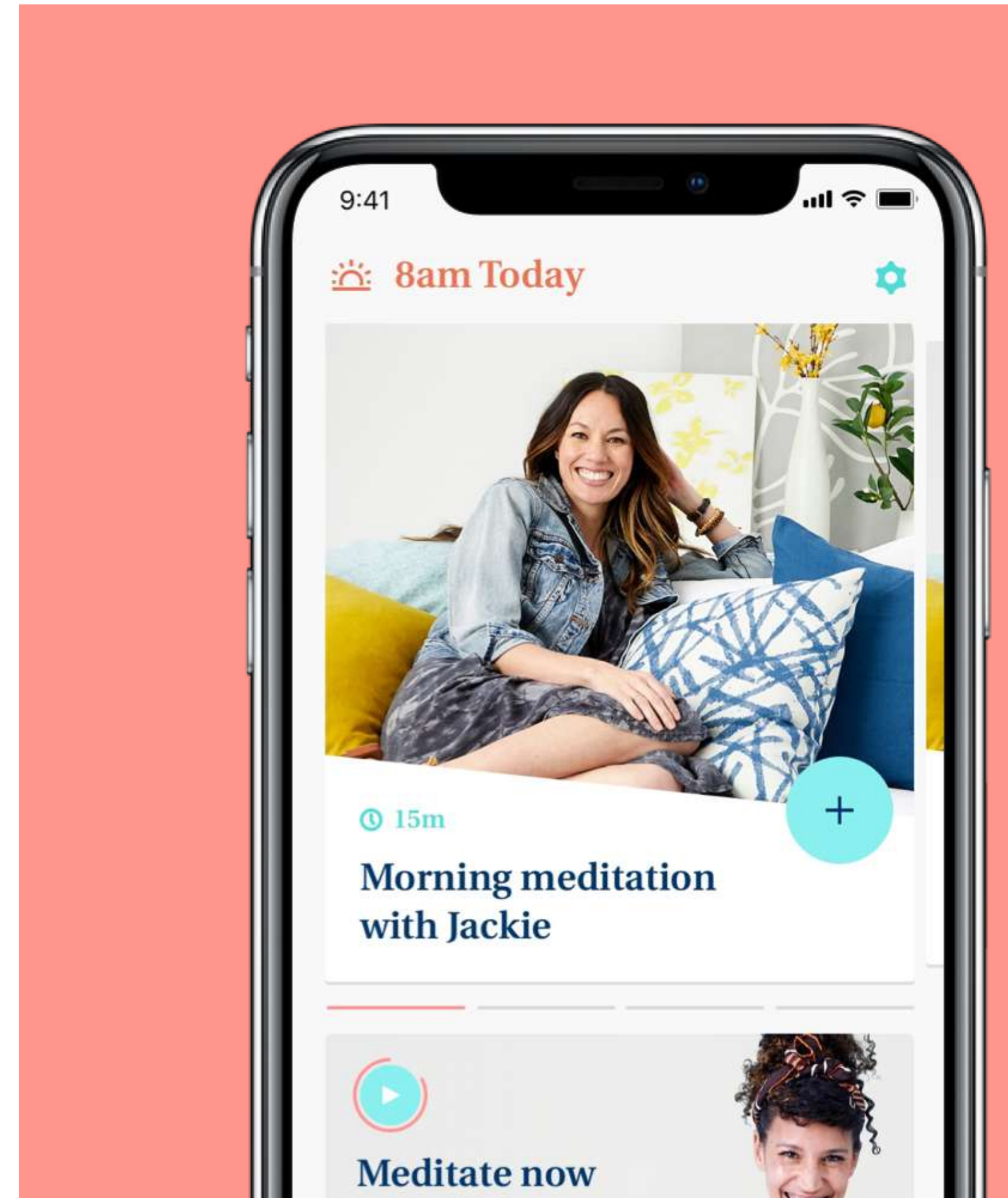


Live Group Sessions (Onsite or Virtual)

- Live Weekly Classes in Your Office or Delivered Virtually
- Monthly Class Themes such as Resilience, Balance, Communication, and Focus
- Employees connect with a live teacher and each other

Digital Library + Journey LIVE

- Journey LIVE iOS App - allows employees to learn from expert teachers all over the world
- Participate in real time with colleagues and friends
- Connect with live, world-class teachers and ask questions
- OnDemand Digital Library available on web and mobile
- Features 50+ sessions on multiple topics, including: Learning to Meditate, Managing Stress, Performance, Resilience, Sleep, Relationships and more

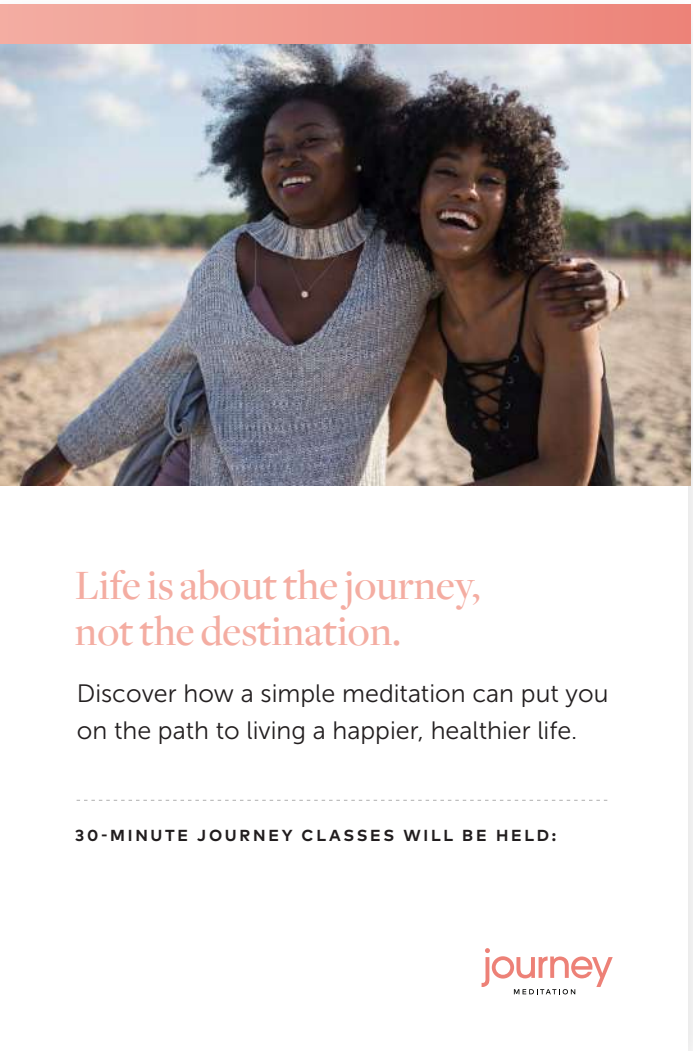




Full Client Success Team Support

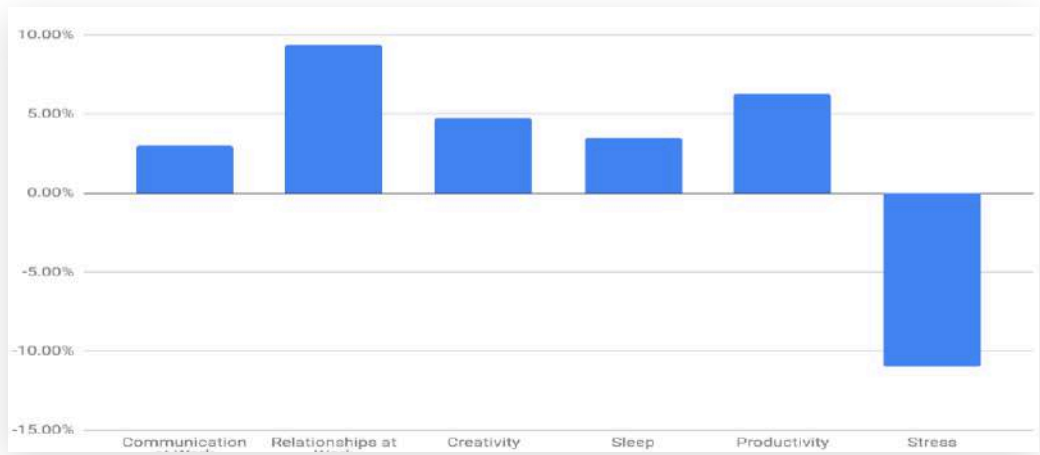
- Full-time, dedicated Program Manager
- Kickoff Meeting to review all Program elements
- Weekly Program Newsletters to help drive engagement

Our Client Success Team is dedicated to your team to ensure the highest level of engagement and measure the results:



Customized Communication Strategy

We provide tools such as email copy, posters, and RSVP links to communicate the program to your team.



Business Impact Metrics

We measure the success of the program on outcomes such as Stress, Productivity, and Quality of Life.

Results



Onsite Program Case Study

Morgan Stanley

Top investment bank, Morgan Stanley, surveyed their employees after the Journey Onsite Program.

77%

of employees reported an improvement in energy levels

100%

of employees reported an improvement in mood

100%

of employees reported a reduction in feeling stressed

“ My mind is cleared after each session. I can focus more and accomplish more. It helps me with stress management and even helped with my temper when dealing with kids at home. ”

Morgan Stanley Employee

Digital Program Case Study

MAKOMi

Makomi is a rapidly growing startup in the hospitality space. Their headcount grew 300% in just a few months and the hyper-growth required employees to constantly adapt to change. They implemented the Journey Digital Program, including incorporating it as part of their daily standup. After 3 months, they reported:

100%

of employees use at least once a week

80%

of employees use it at least 3x per week

95%

of employees reported feeling less stressed

90%

of employees reported feeling more engaged and aligned with the company's mission

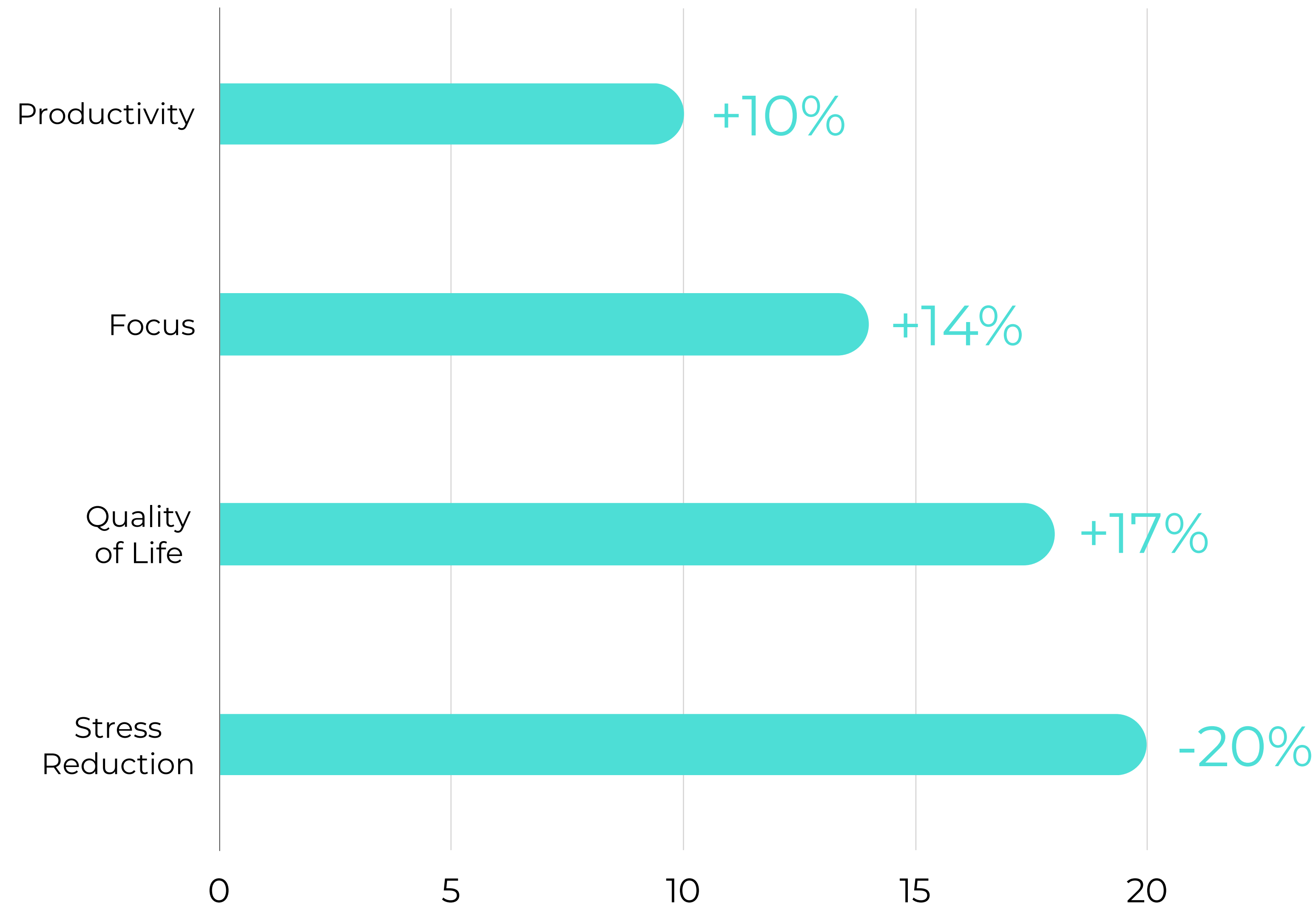
“ I've seen hard results from using Journey, especially in our customer service and customer onboarding teams. Maintaining perspective, focus, and positivity is a difficult task for anyone to do, and I'm happy we have Journey as part of our routine. You do your best work when you feel inspired! ”

Jesse Gross,
CEO of Makomi

Onsite & Digital Case Study



Our Business Impact Metrics measure the success of the program on metrics such as stress, productivity, focus, and quality of life. Across all Journey clients, participants reported the following:



Clients

facebook

sweetgreen®

CONDÉ NAST

AIRFRANCE

CBRE

AMERICAN
EXPRESS

RALPH
LAUREN

wework

TimeWarner

COMCAST

Disney

DENTONS

Casper

NIKE

GitHub

Spotify®

Morgan Stanley

GREY

WARBY PARKER

SONY

Start Your Journey Today

Jay Williams, Head of Sales

(203) 515-5349

jay@journeymeditation.com

www.journeymeditation.com



Appendix



Testimonial

WARBY PARKER

Fast-Growing Startup

“ Journey Meditation has been an incredible asset to Warby Parker’s Health + Wellness initiative. The work- shops 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. They have been incredible to work with; the rare creative team and positive energy that finds its expression in Journey Meditation. They have truly helped to make our work environment an even better place to be. ”

Zac Felsenstein,

Head of Employee Experience



Testimonial

HOULIHAN LOKEY

Global Investment Bank

“ Our partnership with Journey Meditation has been nothing short of amazing. From the moment we were introduced to the concept of corporate meditation sessions, to our weekly meditation sessions, the Journey team carefully guided us through the process. Even better was that the participation and enthusiasm from our employees far exceeded our expectations! Journey Meditation has been the perfect complement to the Houlihan Lokey wellness program. ”

Deirdre Johnson,

Senior Vice President, Human Resources



Team

LEADERSHIP



Stephen Sokoler
Founder & CEO

Stephen is a multiple-time entrepreneur with a passion for making a difference. As the Founder & CEO of Altrum Honors, Stephen spent more than a decade helping organizations celebrate and inspire their employees. In 2015, Stephen founded Journey Meditation with the simple but powerful goal of helping people live happier lives with less stress and greater peace of mind.



David Nichtern
Senior Mediation Teacher

David is a 40-year senior teacher in the Shambhala Buddhist lineage - a tradition that offers a contemporary approach to meditation with the practices and philosophies of Tibetan Buddhism. He began his journey as one of the first American students of master teacher Chogyam Trungpa Rinpoche and has gone on to serve as co-director of the Shambhala Center and Karne Choling Meditation Center.

ADVISORS



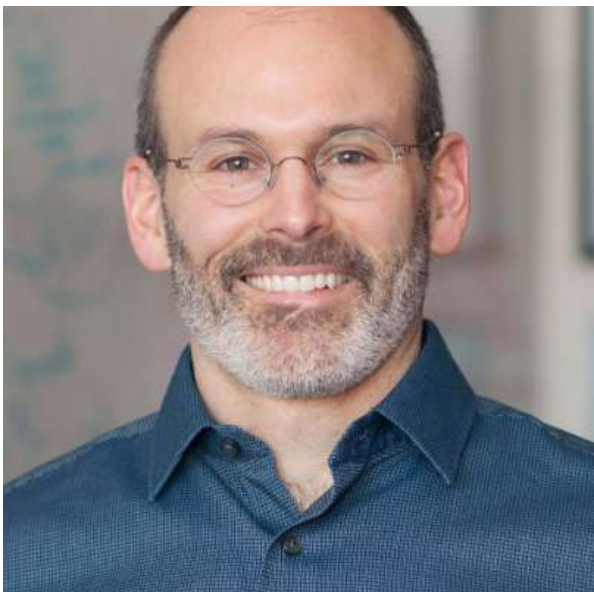
Sharon Salzberg
Meditation Expert

Sharon Salzberg is a central figure in the field of meditation, a world-renowned teacher and NY Times bestselling author. She has played a crucial role in bringing meditation and mindfulness practices to West and into mainstream culture since 1974 and the co-founder of the Insight Meditation Society.



Tal Ben-Shahar
PhD, Happiness Expert

Tal Ben-Shahar is a best-selling author and lecturer and taught two of the largest classes in Harvard University’s history, Positive Psychology and The Psychology of Leadership. Tal is the co-founder and chief learning officer of The Wholebeing Institute, Potentiallife, Maytiv, and Happier.TV.



Judson Brewer
MD, PhD, Mindfulness Expert

Dr. Judson Brewer is the Director of Research and Associate Professor of Medicine and Psychiatry at the world-renowned Center for Mindfulness at University of Massachusetts School of Medicine. He is a thought leader in the science of meditation and mindfulness training for habit change and addictions.

Methodology

Content

Journey classes combine modern science and ancient wisdom in a simple, approachable way. We share research and personal stories of transformation alongside interactive exercises. After starting with a review of the fundamental applications of meditation, classes will explore monthly content themes, including:

- Happiness
- Stress
- Resilience
- Focus
- Relationships
- Balance
- Peace of Mind
- Peak Performance
- Creativity
- Compassion
- Communication
- Mindfulness



Class Breakdown

Starting with fundamentals, classes will explore monthly themes such as Stress, Happiness, Focus, and Resilience.

- Full sensory experience including sight, smell, sound, touch, and taste
- Small offices or conference rooms work very well
- Participants sit in chairs and there is no movement or change of clothes required



Inform, Inspire & Preparation

6-8 minutes

The instructor welcomes everyone with a discussion of the week's topic and prepares the group for their practice.



Guided Meditation

10-15 minutes

The simple, approachable Journey Meditation practice designed for people at any level.



Weekly Wisdom & Gratitude

6-8 minutes

We conclude with an actionable tip on how to live a happier, healthier life, an open Q&A and a small gift of gratitude.

Clinical Study



Leading healthcare company, Humana, conducted a clinical study on the Journey Onsite Program.

12%

Improvement in feeling on top of things

16%

Reduction in feeling nervous and stressed

17%

Reduction in feeling unable to control the important things in their life

18%

Reduction in being angered because of things that were outside of their control

18%

Improvement in feeling confident about their ability to handle their personal problems

51%

Reduction in missed work days in the month following the program

Clinical Study



In a clinical study conducted at New York University, Journey’s Digital Program proved beneficial for boosting mood, reducing stress, increasing focus and memory recall.



Increase in focus and short-term memory



Reduction in stress after challenges



Faster response to mood altering situations

“ Participants with a minimum of eight weeks of brief, daily meditation demonstrated noticeable effects related to lower stress, enhanced attention, working memory and recognition memory. ”

Julia C. Basso,
New York University, Center for Neural Science

Locations

We teach onsite in 24 cities and virtually all over the world.

WEST

- Boulder
- Denver
- Los Angeles
- Orange County
- San Francisco
- Silicon Valley
- Seattle

CENTRAL

- Austin
- Chicago
- Dallas
- Detroit
- Houston
- Louisville

EAST

- Atlanta
- Baltimore
- Boston
- Miami
- New York City
- Philadelphia
- Raleigh
- Washington, DC

INTERNATIONAL

- London
- Singapore
- Toronto

BRING JOURNEY MEDITATION TO YOUR CITY

We have an amazing network of instructors and can launch programs in new cities within a few weeks.