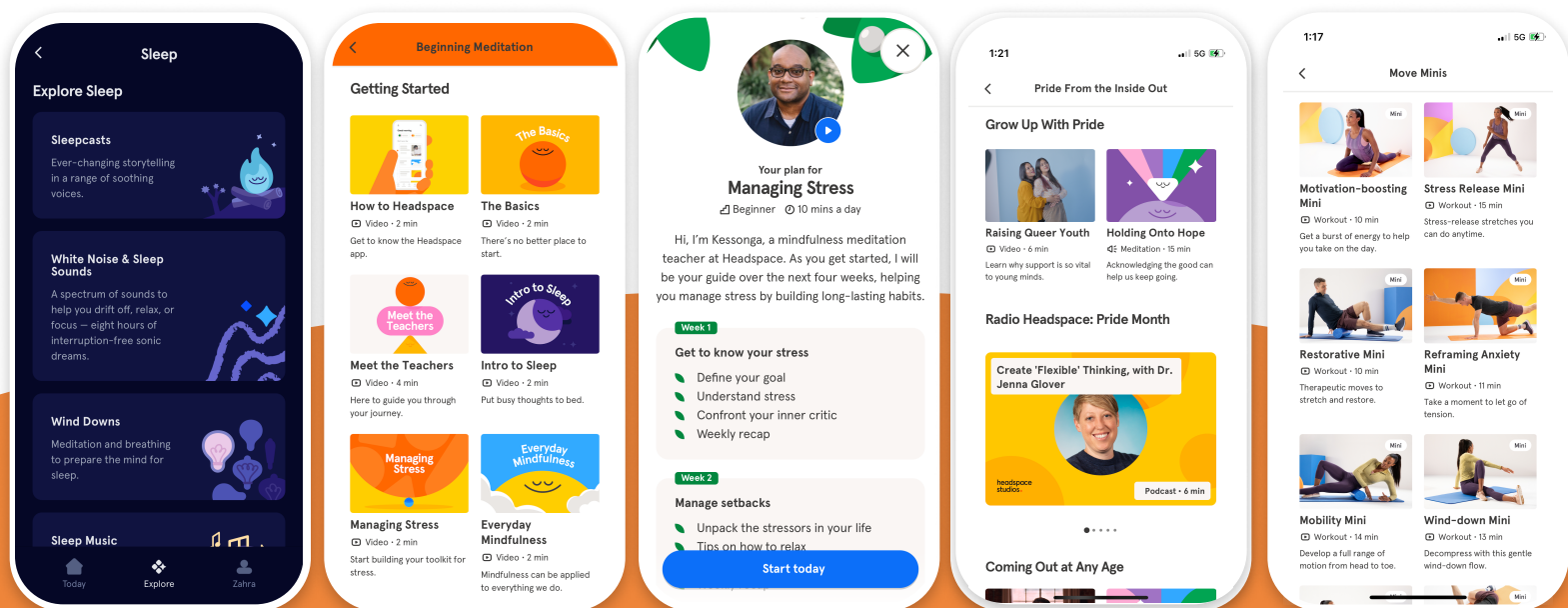


Happy minds, healthy workplace

Clinically-validated resources to help you build a happier, healthier workforce

Headspace Core empowers your team to care for their minds with access to hundreds of meditations, courses leveraging Cognitive Behavioral Therapy (CBT) and Mindfulness Based Stress Reduction (MBSR), sleepcasts, guided workouts, and focus music – all personalized to fit their lives at work and at home.

Create a healthier workforce by helping your team build more resilience, embed more compassion into your organization, and gain insight into your team's health and well-being.



Sleepcasts

Meditation, focus,
music, and courses

Clinically-validated
guided programs

Inclusive
resources

At-home workouts

The research is in.
Stress is out.

40 published studies prove
the benefits of meditation

Stress less

32% less stress after
30 days

Improve focus

22% less mind-wandering
after one session of
Headspace

Improve sleep

30 days of Headspace
leads to better sleep

Manage general
depression and
daily anxiety

29% decrease in
depressive symptoms

19% decrease in
anxiety symptoms

*after eight weeks of Headspace

Preventive mental healthcare

Think of Headspace Core like a daily multivitamin – keeping members healthy and building resilience for when times get tough



Inclusive content for all

We offer inclusive content for members of all genders, races, abilities, neurodiversity, and sexual orientations. So everyone can say, “they just get me.”



Data-driven insights

Our reporting offers a real-time look at the health of your company to drive more impactful initiatives, measure improvement, and build a path forward.



Award-winning communications

Our communications strategy is designed by an award-winning content team to drive industry-leading engagement and enrollment.



Events, webinars, challenges and more

We offer live events and webinars designed to build momentum and cultivate a culture of well-being at your workplace. Dive deeper into topics that matter most to your unique organization.

Trusted by leading organizations



“

Headspace has completely changed my life. Learning to meditate has truly been such a gift and it makes a big difference in how I move about the world.

”

-Headspace Core Member