

Bring Headspace to Work

Your team's well-being is at the heart of your success – imagine if they felt a little healthier and happier every day.

Headspace for Work supports their mental wellbeing, confidence, and productivity by offering access to hundreds of meditations for stress management, focus, sleep, and movement.

WILL MY TEAM ACTUALLY USE HEADSPACE?

97% of surveyed organizations are likely to recommend Headspace for Work. Why? Our enterprise partners show an average of [20-30% adoption of Headspace](#), while similar benefit programs only average 4.5%.

DOES HEADSPACE REALLY WORK?

Short answer: yes. And [we have the numbers](#) to back it up.

Our 2500+ enterprise partners, ranging from Starbucks to General Electric, are experiencing a welcome decrease in stress, general anxiety, depressive symptoms, and irritability. What's better? They're benefiting from increases in compassion, resilience, and focus – and that's just in the first month of using Headspace.

IS IT EASY TO IMPLEMENT?

Headspace for Work's full-scale platform allows you to launch with ease. We offer all the tools and personalized support HR departments need to [onboard teams and track usage and outcomes](#). We also empower partners with custom content and unique programs to encourage your team to grow their mindfulness practice.

WHAT IF MY TEAM ISN'T RECEPTIVE TO MEDITATION?

Mindfulness doesn't have to mean sitting in silence for hours on end. With a range of accessible activities including practical, daily skill-building routines that guide employees toward better habits around stress, sleep, focus, and resilience – Headspace takes the mystery out of mindfulness so everyone can benefit.

CAN WE BRING HEADSPACE TO WORK WITH OUR BUDGET?

Headspace for Work offers flexible pricing and multi-year discounts that meet the needs of both megacorporations and small companies. We're on a mission to improve the health and happiness of the world, so we work within a diversity of budgets.