



# HEADSPACE<sup>®</sup>

Workplace Mindfulness Program

**Who:** ALL LSR7 District Employees looking for a gym membership for the mind.

**What:** Pocket-sized, guided mindfulness & meditation delivered straight to your personal phone in bite-sized sessions.

**Where:** Anytime, anywhere with the convenience of your own personal phone.

**Duration:** 1-year, FREE subscription with hundreds of hours of content.

## If you are looking to...

- Increase resilience
- Improve sleep
- Increase job satisfaction
- Increase empathy
- Collaborate better
- Improve communication
- Sharpen your focus
- Deepen engagement
- Greater balance
- Reduce stress
- Increase awareness
- Increase creativity

...then this opportunity is for you. [Click here](#) and check out the science behind mindfulness and meditation!

## Do you still have questions?

Like, what is meditation and mindfulness? Are you wondering what techniques will be shared in the app? Do you already meditate, but having trouble? [Click here](#) and find your answers in the Headspace Partner Meditation 101.

Interested yet, [click here](#) to register and receive next steps.

