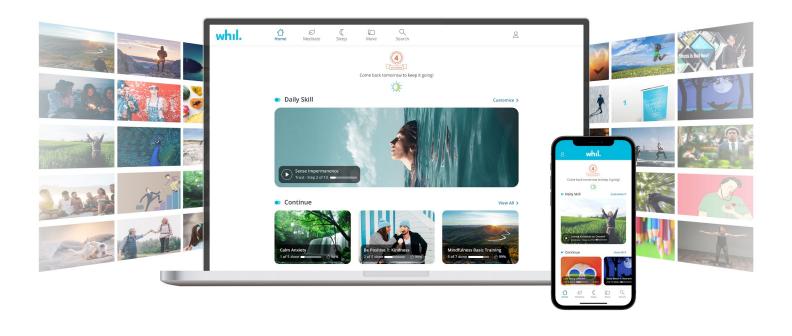


## We're so happy you're here!



Whil is the leading digital training platform for mindfulness, resilience and mental & emotional wellbeing. Our mission is to help people live healthier, happier and more engaged lives.

In just 5-minutes a day, you'll learn to reduce stress, while improving your relationships, performance and sleep.

50+ Challenges

Depending on what access your employer is providing, you'll enjoy Whil's extensive catalog of goal-based training, including:

• 14 training collections

14 Training Areas

Daily sessions

9+ Languages

250+ mini-courses

40+ expert trainers

260+ Mini-Courses

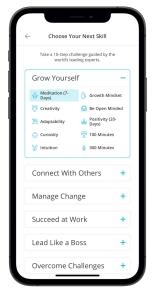
- 2,200+ video & audio sessions
- 4,100+ tips, articles & exercises

Train practical, repeatable skills through micro-learning.

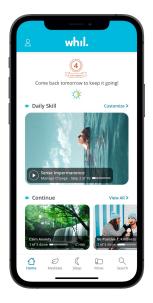


4,100+ Tips, Articles & Exercises

## Three ways to get the most out of your Whil membership:



1. Set a goal.



2. Enjoy a daily skill.



3. Try a mini-course.

## **Try Some of our Most Popular Mini-Courses**

- Mindfulness Basic Training
  Calm Anxiety
  Creating Mindful Leaders
  Develop a Positive Outlook
  Healthy Eating
  Ease Into Sleep
  - Visit "Thrive at Work" to try a targeted career course for Sales, Marketing, Finance, Healthcare, Safety and more.

## Access Whil in 3 easy steps:

- 1. Scan the QR code to the right and create an account.
- 2. Download the Whil app and enter your password.
- 3. Start training via Desktop, Android or iOS app.



Verification code: NewarkPublicSchoolDistrictWhil

Don't forget to set daily reminders on your mobile app to remember to come back and train each day. Anytime. Anywhere.

Everything's gonna be alright!