A FOCUS ON WELLNESS DRIVES INCREASED EMPLOYEE ENGAGEMENT

HOW TAKING A SHORT BREAK CAN INCREASE WORKFORCE ENGAGEMENT AND IMPROVE MORALE

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Desk Yogi is a modern workplace wellness solution that provides fitness, mindfulness, nutrition and stress-reduction sessions, online, right at their desks, whenever they need a break.

SCENARIO

A financial company with multiple locations and a distributed workforce was suffering from low morale and a feeling of being disconnected. The company had implemented several wellness initiatives that had been helpful to some of the employees but several programs were not available in every location or could not be used by remote employees, leaving many employees feeling frustrated and excluded. The company wanted a solution that would include every employee, regardless of location or role and provide a way for employees to feel more connected with one another.

SOLUTION

The company turned to Desk Yogi due to their online wellness solution that could be accessed by every employee at any time and from anywhere. Desk Yogi provided every employee with a highly-personalized experience, including online interviews to determine each employee's goals and areas of concern. Personalized wellness tracks and daily reminders were created for each employee, making it easy for everyone to get exactly what they needed, when they needed it. Desk Yogi also provided a community wellness platform where employees could participate in team challenges, track their progress on a leaderboard, and share encouragements and achievements with their co-workers.

Personalized Wellness Tracks & Reminders	Company Wellness Community
Each employee was provided with personalized wellness tracks and reminders to make it easy for them to achieve their personal wellness goals.	A private company wellness community was provided for employees to complete in team challenges, share achievements, and encourage their peers.

RESULTS

71% **Felt More Energized & Productive**[x]

74% **Felt Happier & Less Stressed**[x]

[x]Based on results from employee survey

DESK YOGI (☺)