



HEADSPACE®

Today's presenter



Lauryn Nwankpa
Head of Social Impact
Headspace

We're



on a

To improve the
health & happiness
of the world.

mission



We're
meditation
made simple.



We help over 30 million people in over 190 countries live more mindfully.



Headspace provides targeted guidance for everyone



Happiness

Self-Esteem
Patience
Happiness
Acceptance
Appreciation
Kindness
Generosity



Work & Performance

Focus
Creativity
Balance
Productivity
Prioritization



Brave

Change
Restlessness
Anger
Regret



Health

Anxiety
Stress
Sleep
Depression
Pregnancy
Cancer
Pain Management



Kids

Calm
Kindness
Focus
Wake Up
Sleep
Appreciation
Happiness
Balance



Minis

Breathe
Destress
Unwind
Focus
Body Scan
Visualization

Authentic expertise and foundation

- Meditation & mindfulness expert
- 650+ hours of guided meditation content
- Accessible style for all levels
- Ancient teachings combined with modern technology



Andy Puddicombe
Co-Founder





**We're committed to
moving the science of
meditation and
mindfulness forward.**



Headspace co-founder Andy Puddicombe and Chief Science Officer Dr. Megan Jones-Bell on the CBS This Morning Show announcing the launch of Headspace Health.



General Mindfulness Research Shows Variety of Benefits



Compassion*
Relationships

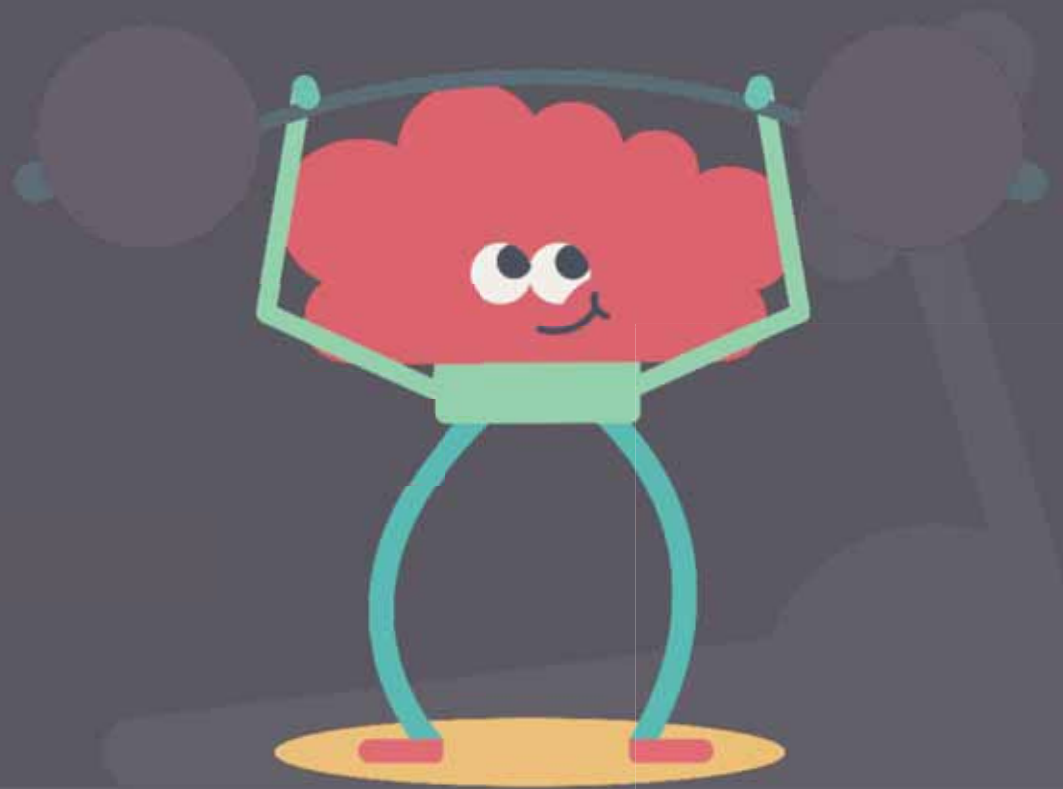
Focus*
Decision Making
Sleep
Happiness*
Self-compassion*



Stress*
Anxiety
Depression
Aggression*

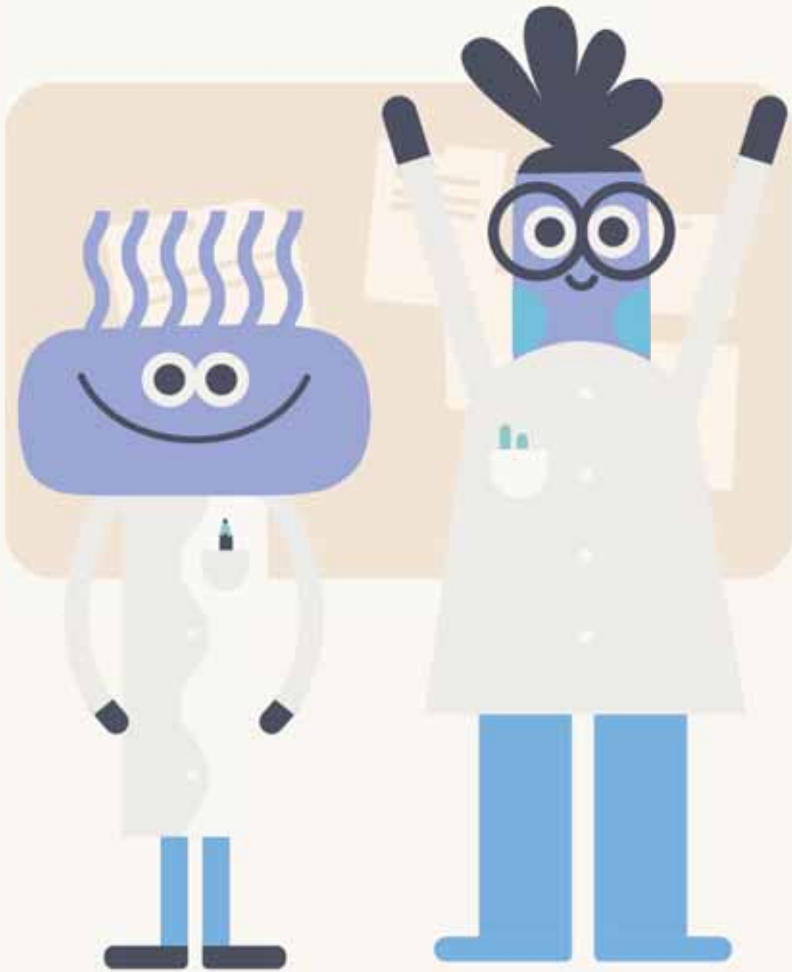
Blood pressure
Heart disease
Weight loss
Pain

**Meditation is
like exercise
for the brain.**



General mindfulness research is great, but what specific benefits are there to using Headspace?





**65+ Research
collaborations.**

**16 published
studies.**

in collaboration with
external researchers



14%

decrease in stress after 10 days of Headspace.

27%

decrease in irritability after 10 days of Headspace.*

14%

increase in focus shown after 4 weeks of using Headspace.

57%

decrease in aggression shown after 3 weeks of Headspace.

Similarly, another study has shown a 23% increase in compassion after 3 weeks of Headspace.

Significant increases in job satisfaction, self-compassion, and reduced job strain in health professionals

The Google logo is displayed in its characteristic multi-colored font (blue, red, yellow, green, blue) on a light yellow background.

Headspace works at Google and Roche

8 weeks of Headspace resulted in a **46% reduction** in symptoms of depression and **31% decrease** in anxiety symptoms

Also, significant improvements in positivity and well-being

Research shows mindfulness in schools can benefit teachers

- Improve classroom management, teacher-student relationships and instructional strategies
- Reduce stress for teachers and students and greater well-being
- Improve social and emotional competence
- Increased professional self-efficacy
- Reduced burn-out
- Sustained attention and self-compassion

Headspace is for everyone...



It's for Ellen and Jimmy...

It's for athletes.



Headspace
@Headspace

Follow

We're thrilled to be partnering with @KevinLove and the Kevin Love Fund to create a better environment for talking about mental health.



Kevin Love talks about his new mental health initiative
NBA star Kevin Love, who has become a leading voice for mental health awareness, joins TODAY to talk about his new initiative and project called the Kevin Love Fun...
today.com



It's for business leaders...



Jeff Weiner
CEO, LinkedIn
Headspace Investor

"I'm now meditating daily...Headspace focuses on one thing and does that one thing extremely well."



Arianna Huffington
CEO, Thrive Global

"One of my favorites is Headspace... We've also made it available free to all our employees."



Sheryl Sandberg
COO, Facebook

"I love Headspace."

...and employees at over
300 companies around the
globe.

Google



Adobe




aetna



LinkedIn

And now,
it's for
educators.





Key partners have helped us identify many problems plaguing the education sector.

**Educators are over-stressed,
under-appreciated, under-
compensated, yet pivotal to
future generations.**

Imagine if educators
were healthier and
happier.

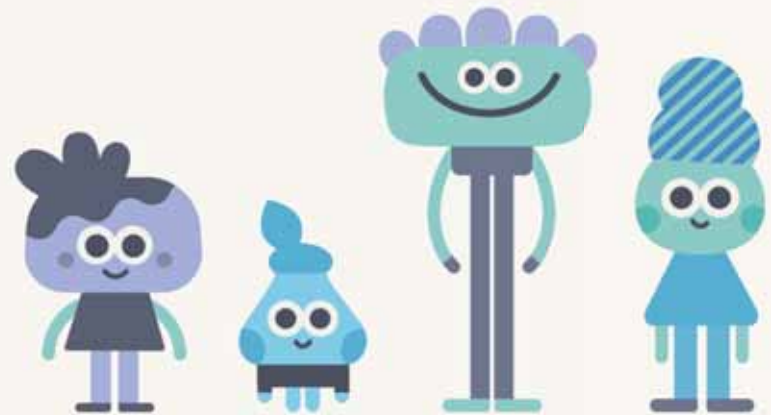


That could lead to:

- Less stress and burnout
- Fewer educators leaving the profession
- Improved student outcomes



But what problem
can Headspace
uniquely solve?



We can help reduce educator stress and burnout.



But how?



Our approach

Support

Provide access to educators who need it

Gather baseline engagement data

Guidance

Align content with SEL core competencies

Build and validate educator resources and guidance

Inspiration

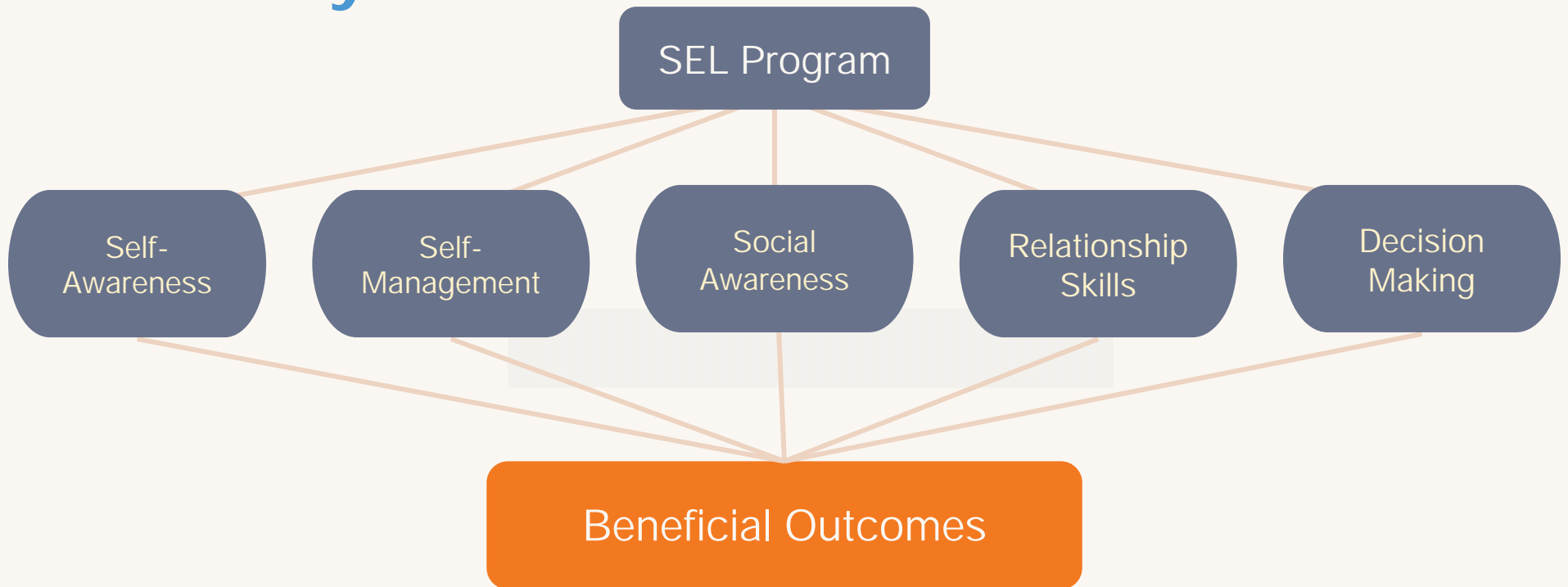
Coalition build with key stakeholders

Leverage educator stories and best practices

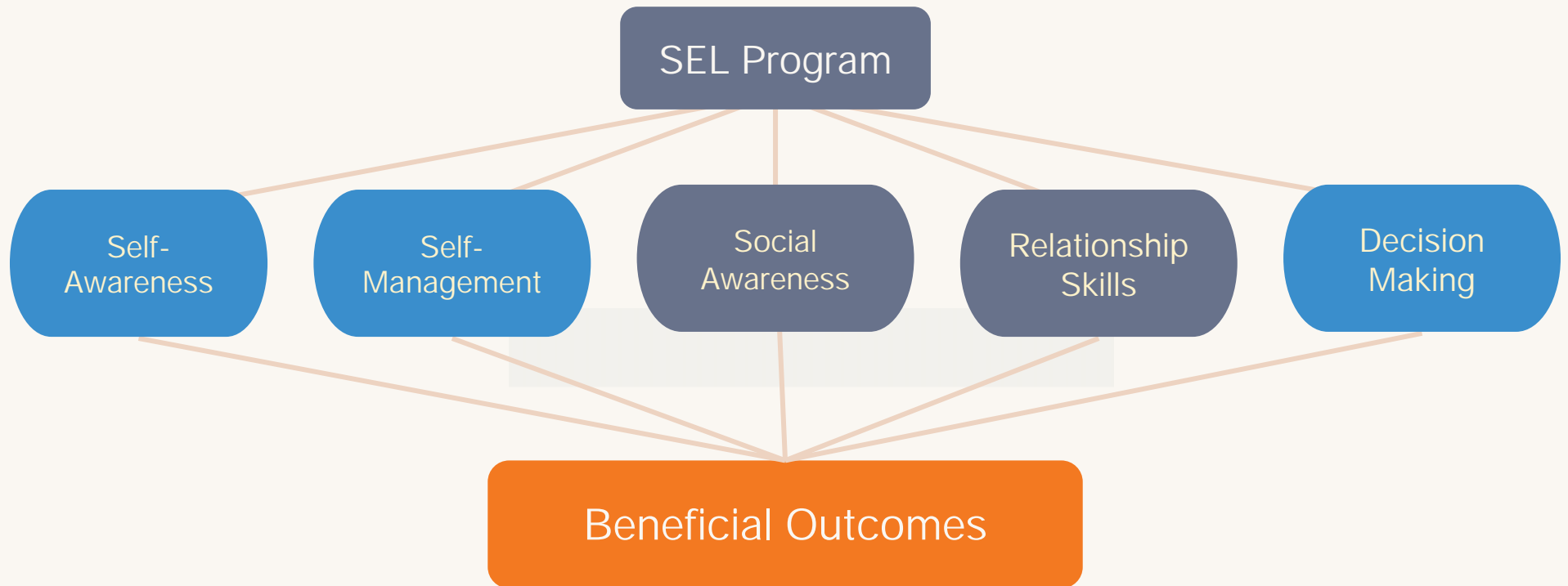
Map Headspace content to SEL core competencies



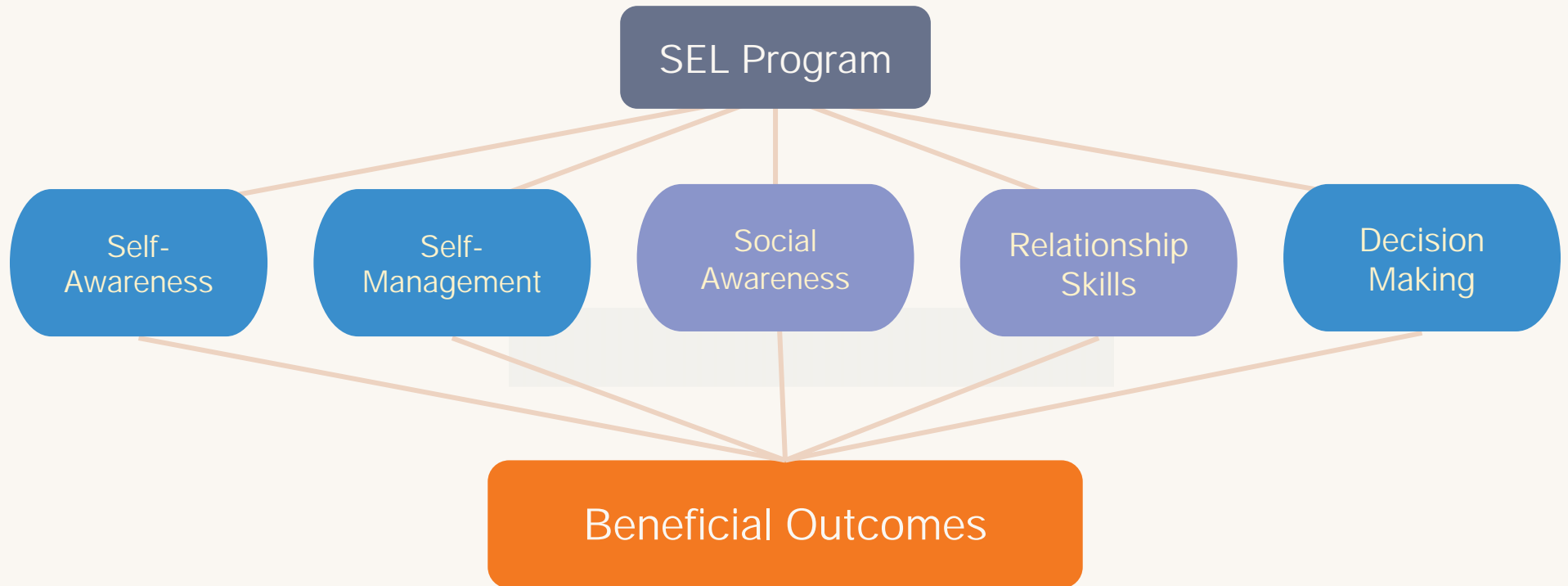
SEL by CASEL



SEL + Meditation



SEL + Meditation



Where we are now

Major Partners:

Teach for America
Ventura County Office of
Education
Clinton Foundation
Pure Edge
GOOGLE
LRNG
Apple Education
CASEL*

Current Reach:

270K+ Educators
275+ schools
33 school districts
15 states

Key Learnings:

Educators need guidance
on how to foster
mindfulness in their
classrooms

Content alignment with
core competencies is a
must

Rigorous validation is a
critical pillar



Join us!



And now, you and your teams
can have access too.

School & District Offer

Email
educators@headspace.com

to bring Headspace to your
school or district!

Educator Offer

Direct individual educators
to
headspace.com/educators

for a \$12/annual*
subscription to Headspace

(*90% discount)