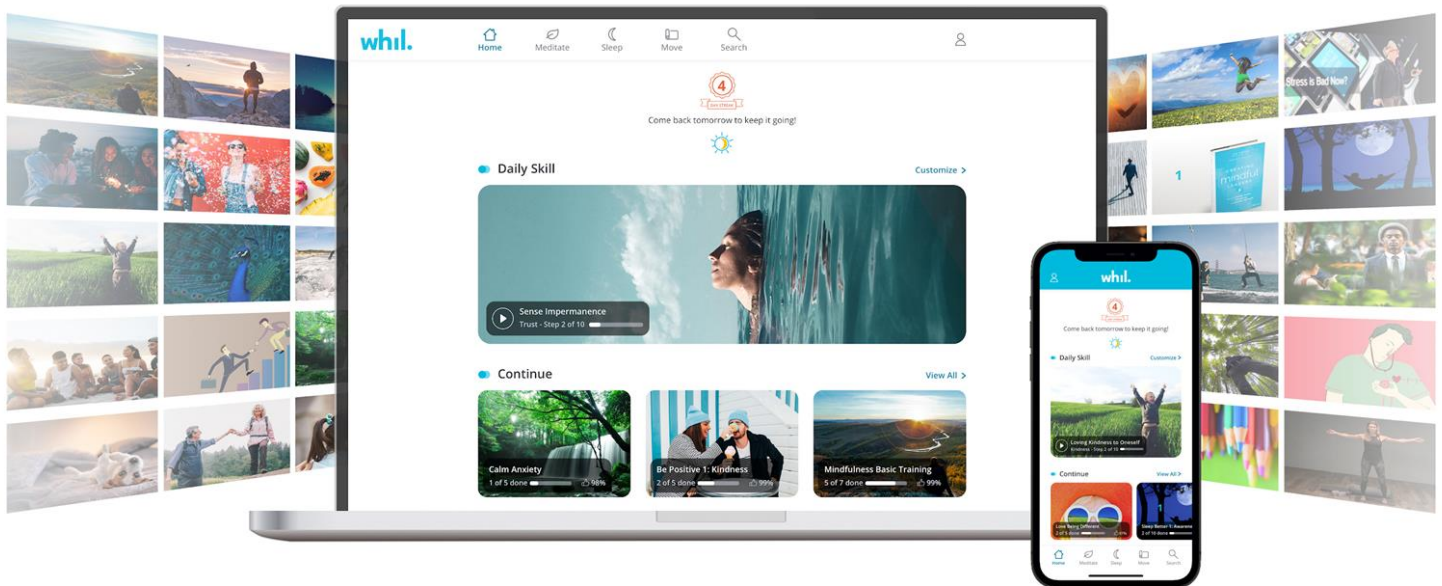


We're so happy you're here!



 9+ Languages  14 Training Areas  50+ Challenges  260+ Mini-Courses  4,100+ Tips, Articles & Exercises

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.

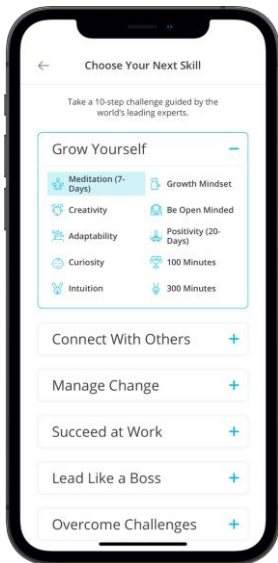
In just 5-minutes a day, you'll learn to reduce stress, while improving your relationships, performance and sleep.

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

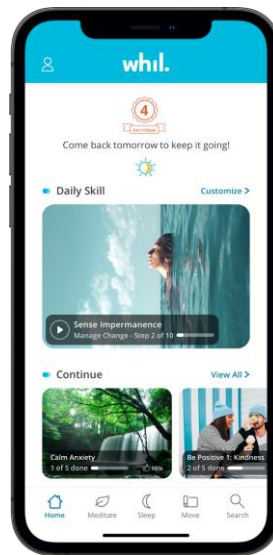
- 14 training collections
- Daily sessions
- 250+ mini-courses
- 40+ expert trainers
- 2,200+ video & audio sessions
- 4,100+ tips, articles & exercises

Train practical, repeatable skills through micro-learning.

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 on your Mobile device in 4 easy steps:

1. Scan the QR code to the right and create an account.
2. Fill out registration fields making sure to use your Employee ID
3. Download the Whil app and enter your password.
4. Start training via Android, iOS app, or computer.



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!

Email support@whil.com for assistance.