



# Wise@Work App

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*The Wise@Work App is a mindfulness and meditation app designed exclusively for the workplace—with learning and practice modules that will leave you feeling centered, focused, and energized throughout your workday.*

## Professional Development

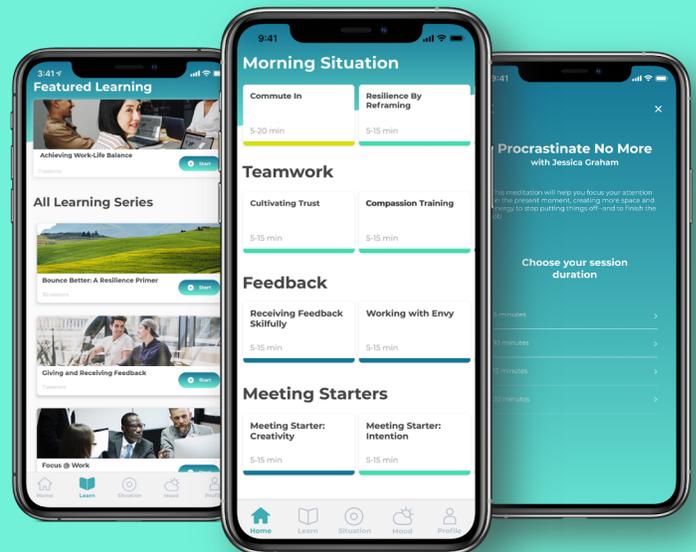
Skill-building modules on relevant topics including Leadership, Creativity, Conflict Resolution, Creativity, and more!

## Built for Work

Mood-based practices, meeting starters and more, in varying, schedule-friendly lengths provide support at a moment's notice.

## Learn from Leading Voices in Mindfulness

Enjoy a growing library of influential teachers like Jack Kornfield and Tara Brach, with new sessions added each month!



All College of Marin employees and students now have access to the Wise@Work app, and you can use it all year long!



## Getting Started with Wise@Work

### Download the App

Download Wise@Work on the App Store or Google Play and create an account using your work email address (@marin.edu) or student email address (@mycom.marin.edu). You must use your work or student email address to get the free premium access.

### Explore Hundreds of Practices

Check the "Situation" or "Mood" tabs for topical practices to get started. Or, simply try the Wise@Work Daily for a quick suggestion.

### Build a Daily Habit

Choose a few minutes each day to practice, working to build your new skills and form a healthy mindfulness habit. Check "Profile" to view your practice stats!

Download Wise@Work on The App Store or Google Play Today!

Wisdom Labs is solving for stress, burnout, and loneliness in the workplace using the science of mindfulness, resilience, and compassion. Learn more at [www.wisdomlabs.com](http://www.wisdomlabs.com)

Access to the Wise@Work app is sponsored by the COM Employee Wellness Program.

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