“Work smarter, not harder...”

...with InnerWize, the science-backed secret of working optimally and living joyfully.

Your team’s most effective performance comes from having the right tools for mental and physical wellbeing.



InnerWise

innerwize.ai

“Psychosocial risks at work—including long hours, job insecurity and workplace harassment—are linked to more than 840,000 deaths and nearly 45 million disability-adjusted life years globally each year. The International Labour Organization estimates related economic losses at 1.37% of global GDP annually.”

- From a study in Business and Management Research, Vol. 4, No. 1, 2015.

What is the most

businesses to improve employee performance, health and happiness?



24/7 individual coaching and professional group training programs can strengthen your workforce’s leadership, communication and coping skills, while significantly boosting individual employee well-being.

A wise CEO once said, “My most important assets are not my technology, my capital reserves, or my intellectual property. My most important assets are the ones who walk out my front door every evening.”

The same is true in every company: our people are our most valuable resources. But today’s workers are under greater pressure than ever before. We ask them to achieve constantly-increasing levels

regularly adapting to new technologies and processes, and while contending with endless interruptions and distractions.

The results: impaired job performance, missed deadlines and goals, greater absenteeism, more frequent illness, higher health insurance costs, increased stress, illness, unhealthy lifestyles, anxiety, depression and more.

Source: International Labour Organization, The Psychosocial Working Environment, 2026.

All of this hurts the organization as much as it harms the individual employee.

Businesses can respond in one of two ways. (1) They can require employees to grit their teeth and tough it out. (2) They can assist employees with coping skills to enable greater mental and physical wellbeing, and to achieve more job success.

We provide 24/7 individual coaching and customized group professional performance; calm, focused energy; superior leadership and communication skills; and greater mental and physical health.

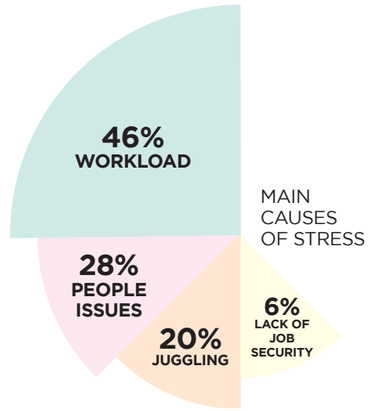
“Nearly half of U.S. workers (48%) typically feel tense or stressed during the workday, and 37% say their work environment negatively affects their mental health.”

American Psychological Association, Work in America 2026



Proven, science-backed methods, tools and techniques enable better workplace performance, based on improved mental and physical well-being.

innerwize.ai tools and programs are based on scientific evidence that highlights a strong association between focus, calmness, health and excellent performance.



- ComPsych Stress Survey

innerwize.ai believes that everyone already has the strengths and abilities they need to move from anxious to calm, from distracted to focused, from nervous to confident, and from conflicted to integrated. They simply need to learn how to access those strengths and abilities.

The secret is “self-awareness,” which means paying attention to one’s own thinking process and emotions, and responding thoughtfully rather than reacting impulsively.

Research on structured meditation and present-moment attention programmes suggests small-to-moderate average reductions in psychological distress, including anxiety, depression and stress. Results vary by programme, population and comparison group.

Workplace trials indicate that structured meditation and present-moment attention programmes can reduce employee stress and support mental health, although study quality and outcomes vary.

Evidence for improved job performance is less certain, and long-term effects require further study. These programmes should support—not replace—appropriate clinical care when needed.
Sources: Goyal et al., JAMA Internal Medicine (2014); BMC Psychology workplace review (2026).

innerwize.ai is a personalized, science-based partner that empowers your workforce to embrace superior leadership and communication skills, and to transcend stress and anxiety by attaining joyful peace of mind, restful sleep, gaining focused energy and awareness, and embracing behaviors for better physical and mental health, and better teamwork.

“Gallup’s Q2 2026 data show that 27% of U.S. full-time employees say they very often or always feel burned out at work.

As of May 2026, 50% of U.S. employees reported feeling stressed for much of the previous day.

Gallup’s Q1 2026 research found that thriving U.S. employees were 46% less likely to experience frequent burnout and 65% less likely to be watching for or actively seeking a new job.”

- Gallup, Employee Wellbeing and Sustainable Productivity, updated September 2026





We offer 5 powerful tools - from personalized, individual, interactive 24/7 coaching to customized group training programs.

Better performance in the workplace begins with better mental health and physical well-being – and leads to greater joy, superior teamwork and higher job satisfaction.

Our mission at innerwize.ai is to provide individuals and organizations with the support and tools they need to realize these incredible benefits.

We offer a cross-platform content and service hub, featuring:

1) Custom workshops. Expert guidance for more effective performance, tailored especially for your organization.
(See page 4 for details.)

2) Personalized coaching. Looking for emotional support, or quick suggestions to boost energy and inspiration? Interactive conversations with our AI-powered “self-awareness coach” are available 24/7, always as near as your phone.

3) Western science meets Eastern Wisdom. Our breathing techniques, text and audio stories; guided meditations; and wellbeing programs and tips combine the best of modern science with the best of traditional practices.

4) Support to stay on track. Setting goals is just the beginning. Remaining on track with positive choices, day after day, week after week, is the real challenge. We supply motivation & reinforcement techniques for consistently healthy behaviors. Discover how enjoyable it can be to get your best results.

5) Wellness Communities. Our dedicated, exclusive spaces for your company will enable people to engage in group focus activities (meditation, breathing, sharing etc.) together with friends, co-workers and networks – and to share moments of joy (MoJ). Group learning sessions and community experiences allow meaningful lessons to sink in deeper. Group learning also reinforces the value and importance of good mental and physical wellness techniques.

The Transformative Cycle

How the Self-Awareness Workshop transforms employee performance and well-being



***Includes 24/7 AI-based interactive coaching via digital access (app, website, etc.)**





We create custom workshops for your company, including a special module on the topic of your choice.

We can design your unique module around the specific needs that are most valuable to your organization, as identified by your leadership.

Our workshop leaders are experts in science-backed techniques for greater mental and physical health as they related to better workplace performance...and superior job satisfaction.

Participants will learn:

• Physical and mental tools for coping with difficult tasks – without undue stress or anxiety.

• Leadership and communication skills that come from a balanced, emotionally healthy perspective.

• Psychological self-assessment tools and focusing techniques to facilitate improved performance and greater wellbeing.

Workshop participants can build practical skills through regular use of the tools and techniques introduced by our session leaders.

Session leaders and guest speakers will begin by building a foundational understanding of the Three Pillars of InnerWize and teaching participants how to integrate them to attain a clearer and more coherent sense of self.

Next, participants will learn how to apply the science of InnerWize a more sophisticated manner to achieve personal and professional well-being and success.

Before the workshop, company leaders will complete a Needs Assessment survey asking them to identify a focus area or skill set they wish to include. Our team will use this information to design a module that is specifically tailored to your organization's stated needs alongside our core curriculum.

Workshop participants will emerge with a new tools and approaches for better mental and physical health and stronger job performance.



Our transformative workshops feature...

Science-backed and time-tested techniques

- Improve performance and focus on the job
- Use practical techniques to prepare emotionally for high-pressure situations.
- Improve physical and mental well-being
- Increase energy and awareness
- Become a more skillful, growth-oriented leader
- Communicate effectively
- Achieve greater work/life balance and joy
- Manage stress and anxiety

Unique benefits & advantages

- Custom InnerWize app designed specifically for UN Women
- Educational and personalized programs for better physical and mental health
- Your choice: learn by doing, learn by listening, or both
- Immersive team-building exercises
- AI-based technology for 24/7 personalized interactive coaching
- Expert guidance
- Quantitative and qualitative research

A lively, interactive, and enjoyable format

- Intensive workshop integrating evidence-based theories and techniques
- Led by experts in self-awareness and wellness
- Individual and group exercises and hands-on activities
- Keynote speakers sharing cutting-edge approaches to wellness
- Groundbreaking ways to build consistently healthy behavior

Your workforce is your company's most valuable resource. Now you can strengthen that resource – and boost your organization's overall performance -with proven, science -backed tools and techniques that lead to better mental and physical health.



"A 2026 review of workplace studies found that structured meditation and present-moment attention programmes can support employee stress reduction and mental health. Evidence for improved job performance and durable long-term effects remains less certain."

- BMC Psychology, 2026

InnerWise

www.innerwize.ai | USA | CANADA | INDIA | info@innerwise.ai