

THE #1 DIGITAL RESILIENCE SOLUTION

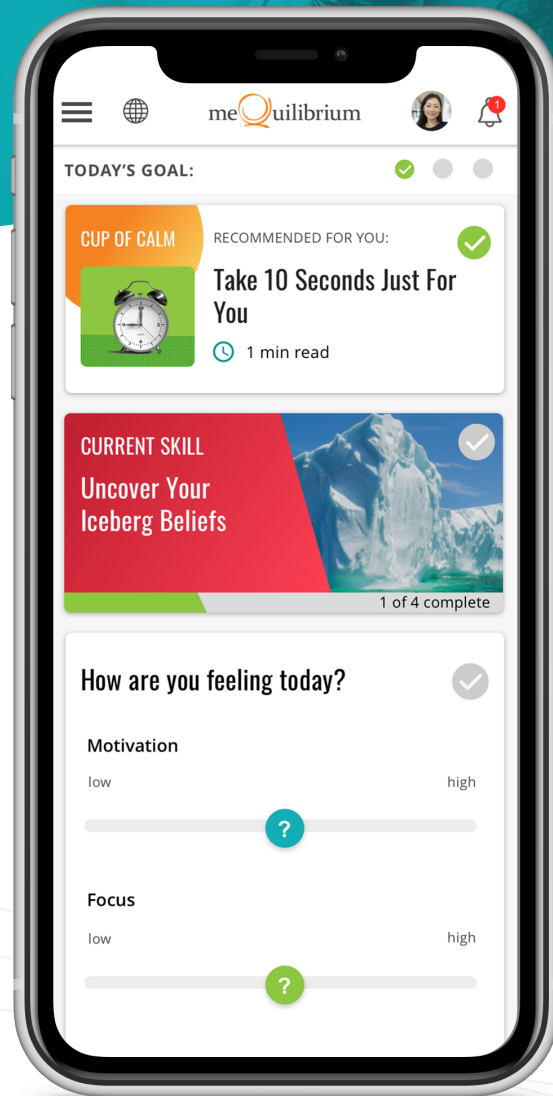
meQuilibrium is a wonderful addition to our benefit offerings and a valuable tool for identifying and managing stress. The best news is our employees love it.

- Tanya Benenson, M.D., Chief Medical Officer Comcast NBCUniversal

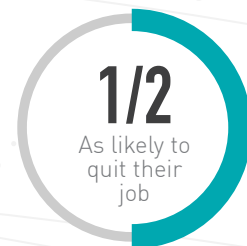
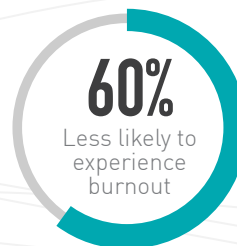
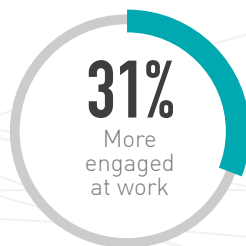
Build Minds Ready for Today's World of Work

Deliver on Human Experience Management (HXM) and drive better business outcomes through the power of resilience.

Based on cognitive science, meQuilibrium's digital platform builds resilience at the individual, team/leader and enterprise level. Powerful analytics enable leaders to identify risks, skill gaps and track improvements that impact the bottom line.



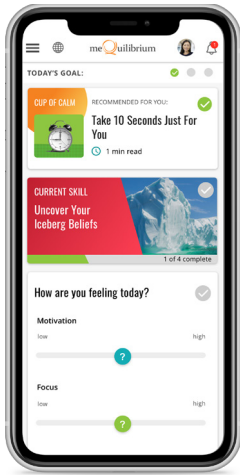
RESILIENT EMPLOYEES ARE:



[meQuilibrium.com/solutions](https://mequilibrium.com/solutions)

LEARN MORE

Accelerate Your Organization's Performance



FOR INDIVIDUALS

ENGAGE employees with a personalized experience that helps them meet and exceed expectations in work and in life.

- Measurably improves performance and wellbeing.
- Activate talent to embrace change, improve their wellbeing, and remain open to learning through skills and activities.
- Boost their ability to bounce back, protecting against burnout and turnover.

FOR TEAMS & LEADERS



EMPOWER leaders and teams with critical skills to manage through change, build psychological safety and improve performance.

- Enable leaders to model resilient behavior and build resilient teams.
- Identify team conflicts and drags and address them head-on in moments that matter.
- Address overall adaptive strengths and weaknesses across your workforce.



FOR ORGANIZATIONS

COLLABORATE across your workforce to maximize the talents of all. Mitigate inherent risks that come with change and transformation.

- Analyze population-level insights including baseline measures of resilience, engagement metrics, program efficacy, and ROI.
- Connect mentors with those needing skill-building assistance to create a more connected and values-driven culture.
- Gain insights and close gaps in employee alignment to company values.

