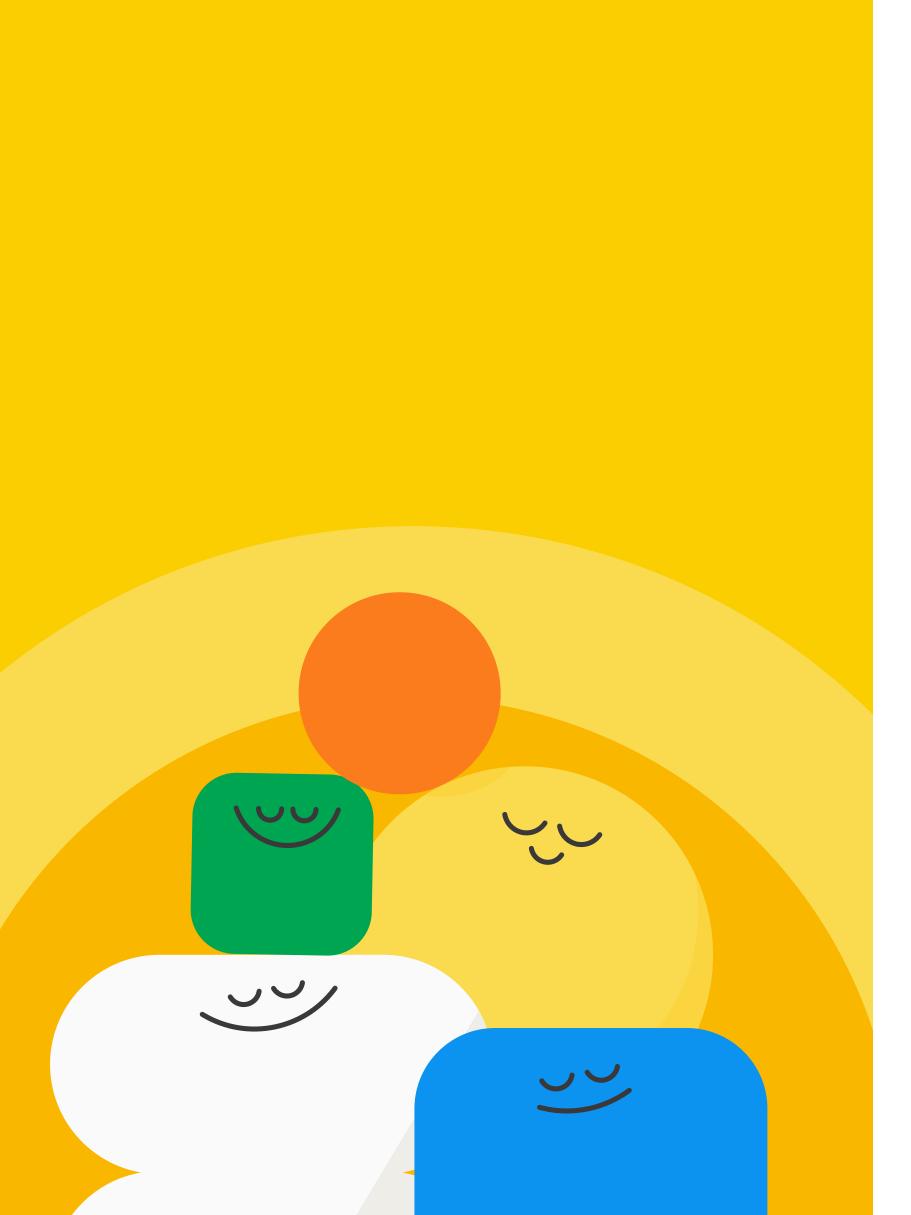
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Champions perform important functions that encourage employees across the organization to adopt Headspace for Work to address stress, anxiety, and depression.

Connection

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Role modeling

Champions demonstrate the value and bene ts of Headspace for Work and other healthy routines and habits.

Excitement



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- Interested in mental health and wellbeing
- things
- Approachable, well-liked, and respected at work
- A Headspace member or curious about the app

Note: Champions should be a mix of employees at every level to reach a variety of social and professional networks.

• Enthusiastic about trying new

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- Good organization and communication abilities
- Team player
- Highly engaged in workplace social activities and networks
- Committed to improving • organizational culture



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Supply training and related materials.

Training sessions and documentation (such as our Admin Distribution Guide or various Member Engagement Kits) that outline talking points and possible scenarios provide a helpful framework.

Be clear about what the role requires—and what it doesn't.

It's important that champions understand the limits of their responsibilities and know how and when to ask for assistance.



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Champions need support too, and you can serve as a mental health champion to them.

Listen to champions about what's working and what's not, and make a good faith e ort to address the feedback.

Take time to celebrate wins and reward champions for their work.

Communicating the bene ts of mindfulness in your workplace can lead more employees to seek out champions.

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Provide ongoing assistance.

Set up regular one-on-one meetings with champions for feedback and encouragement.

Review progress.

Recognize their efforts.

Share results and stories in the workplace.



