

Well-being, *well done*



Meet Limeade



Public 

 **Global**

Science
based, 16 years
of experience 

Caring for your employees' well-being *matters*

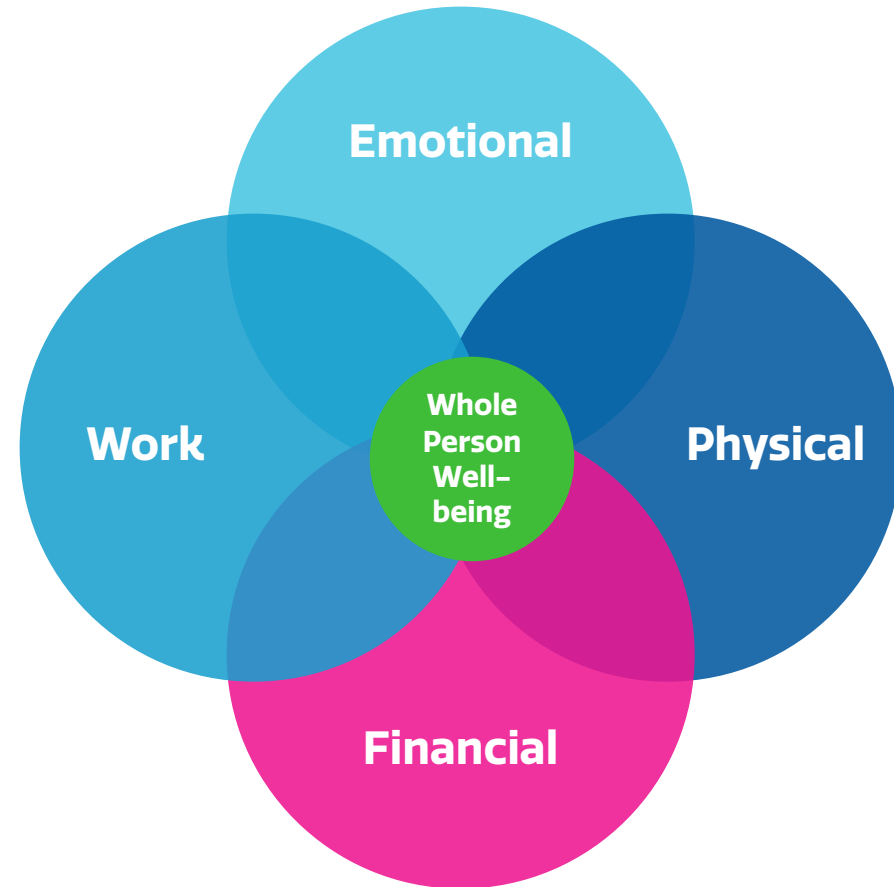


Well-being

Feeling good + living with purpose



Holistic well-being



Well-being is not doing well



55%

Increase in post-traumatic stress v. early 2020.¹



14%

Hear leaders discuss the importance of mental health.²



95%

Considering leaving current role.³



69%

Lack a strong sense of purpose at work.⁴



73%

Feel burned out at work.⁵

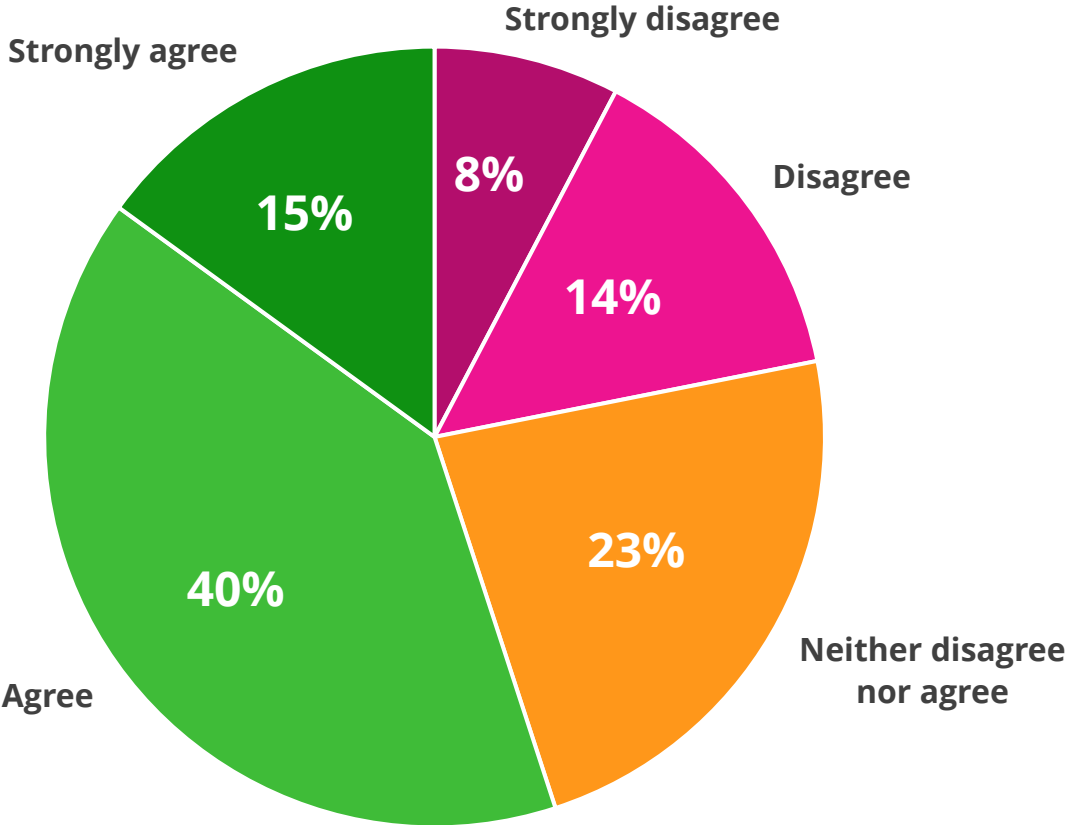


50%

think employers mostly care or care a great deal about their well-being.⁶

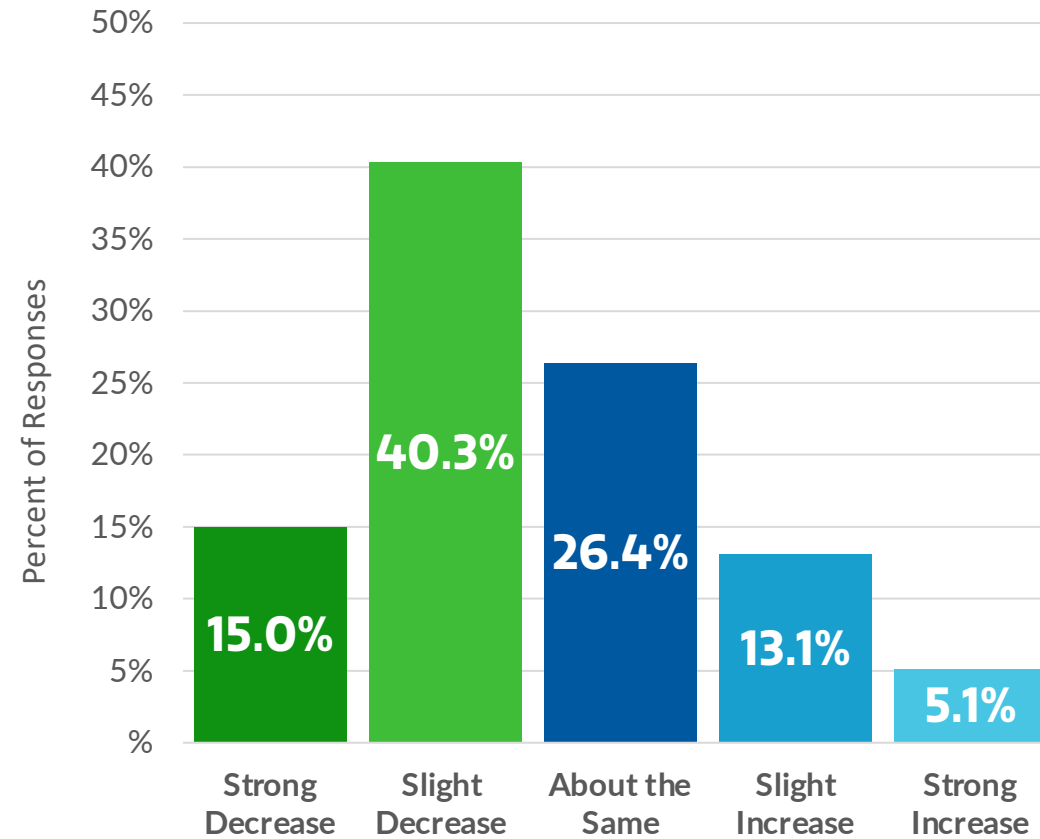
We still have work to do

I feel like my organization cares about my whole person well-being

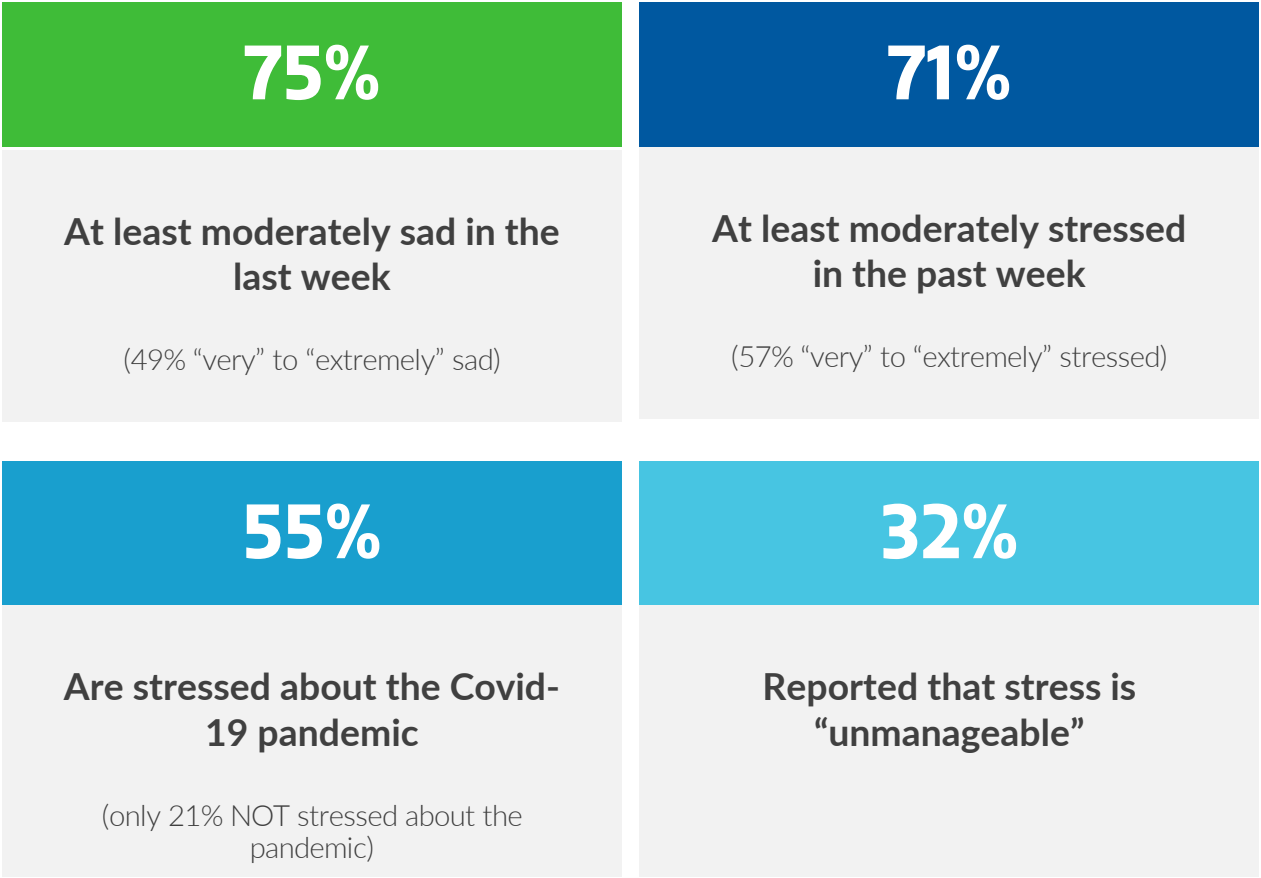


55%
indicate a decline
in mental health

Mental health in decline



Stress feels unmanageable



Females struggle disproportionately

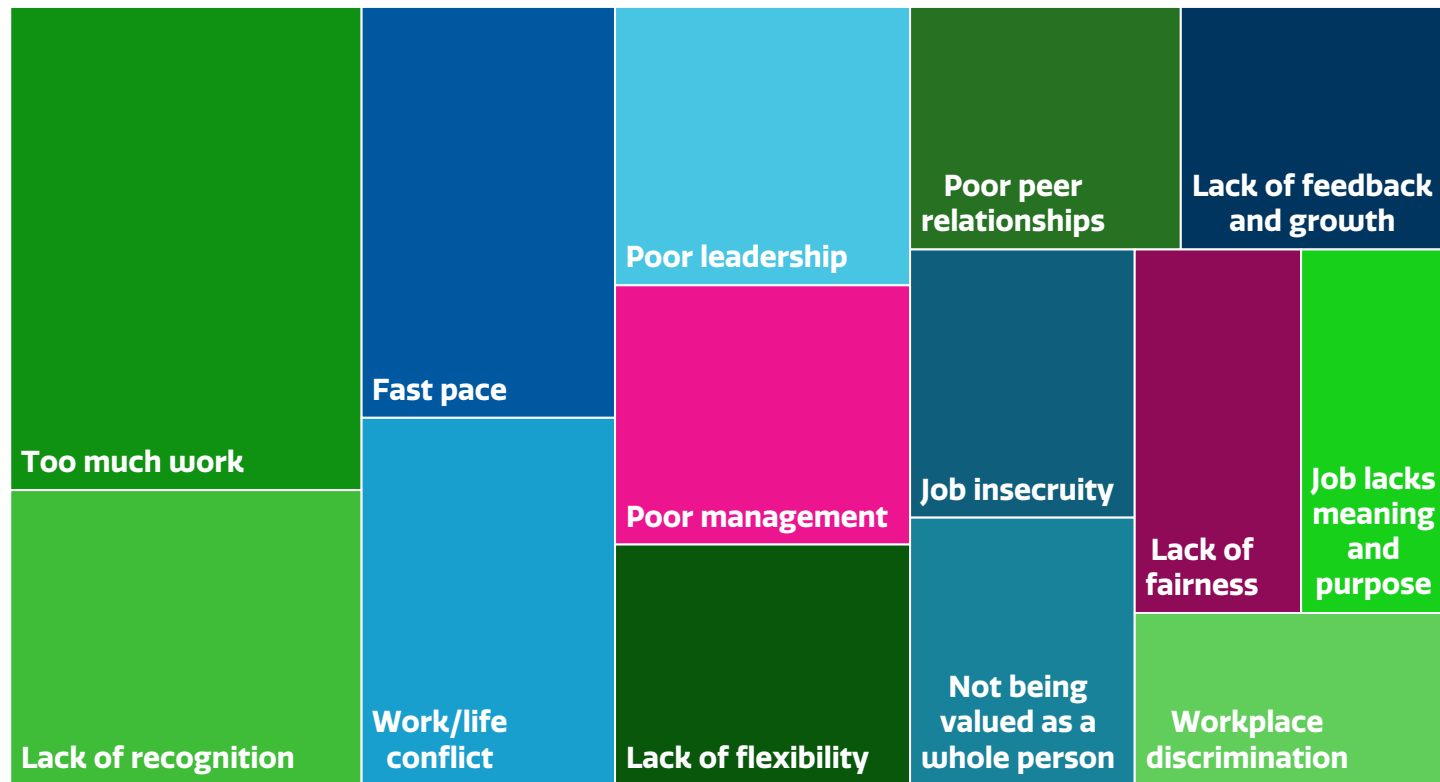


- 42%** report “extremely positive” well-being
- 26%** of male managers have feared losing their job
- 94%** feel equipped to support the emotional needs of their team
- 60%** feel extremely comfortable asking their employer for a well-being day off



- 11%** report “extremely positive” well-being
- 33%** of female managers have feared losing their job
- 73%** feel equipped to support the emotional needs of their team
- 25%** feel extremely comfortable asking their employer for a well-being day off

Top stressors

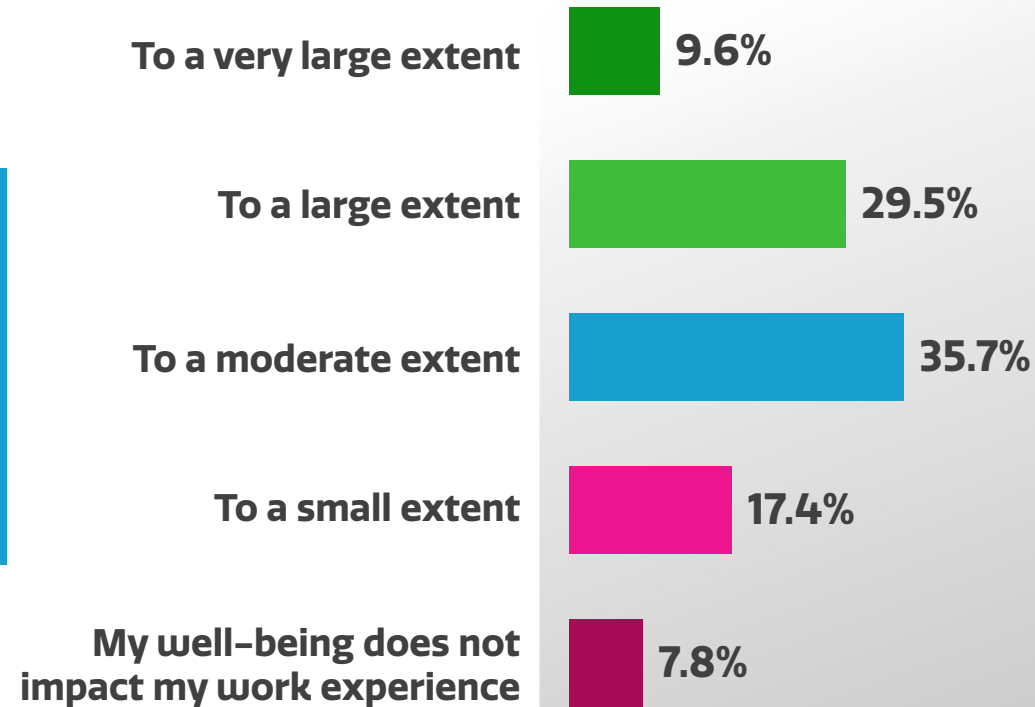


Well-being is
business critical



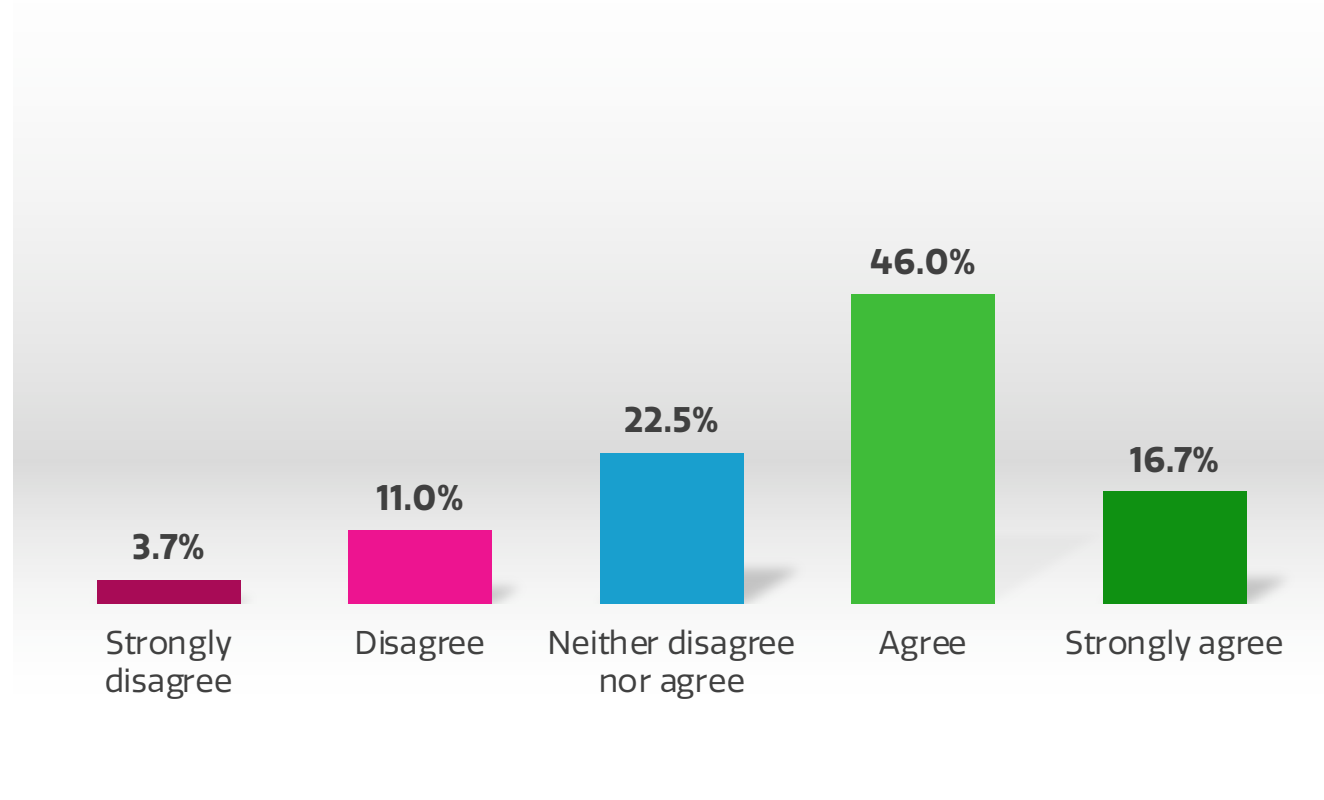
Well-being impacts work

To what extent do you feel like your well-being affects your work experience?

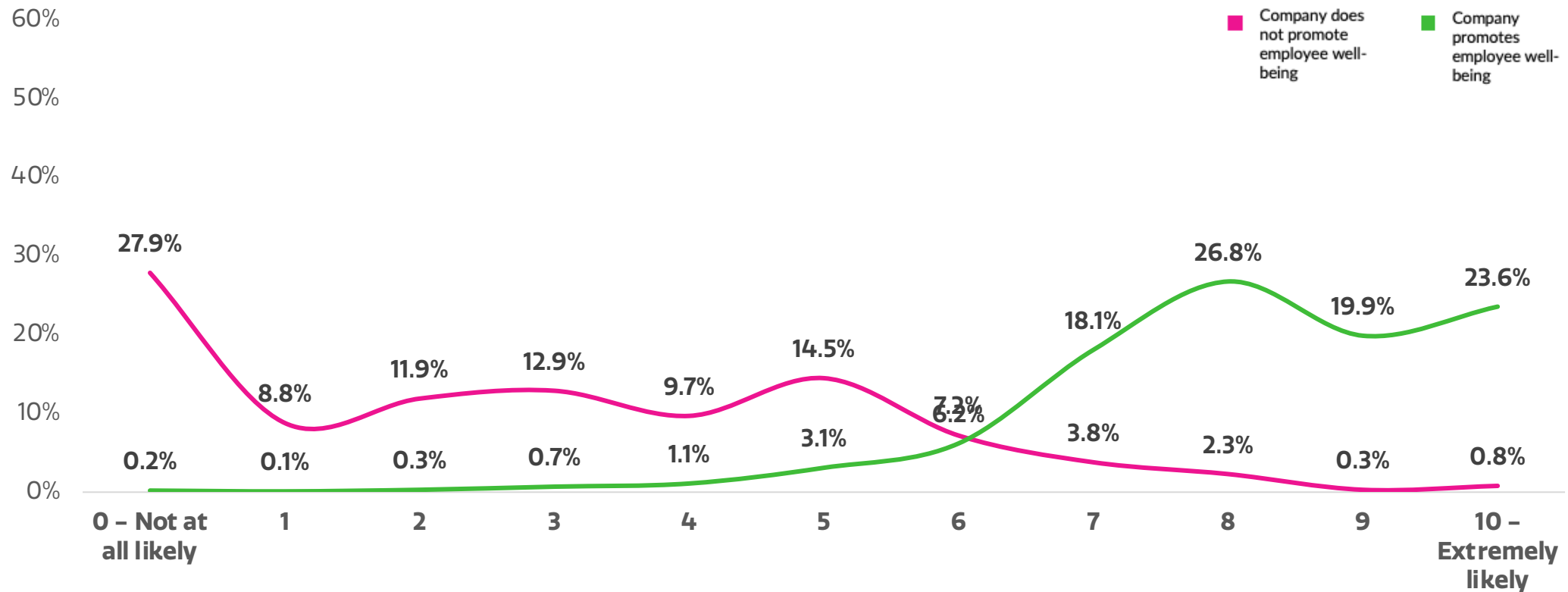


And work impacts well-being...

**My experiences at work
have a positive impact on
my well-being.**



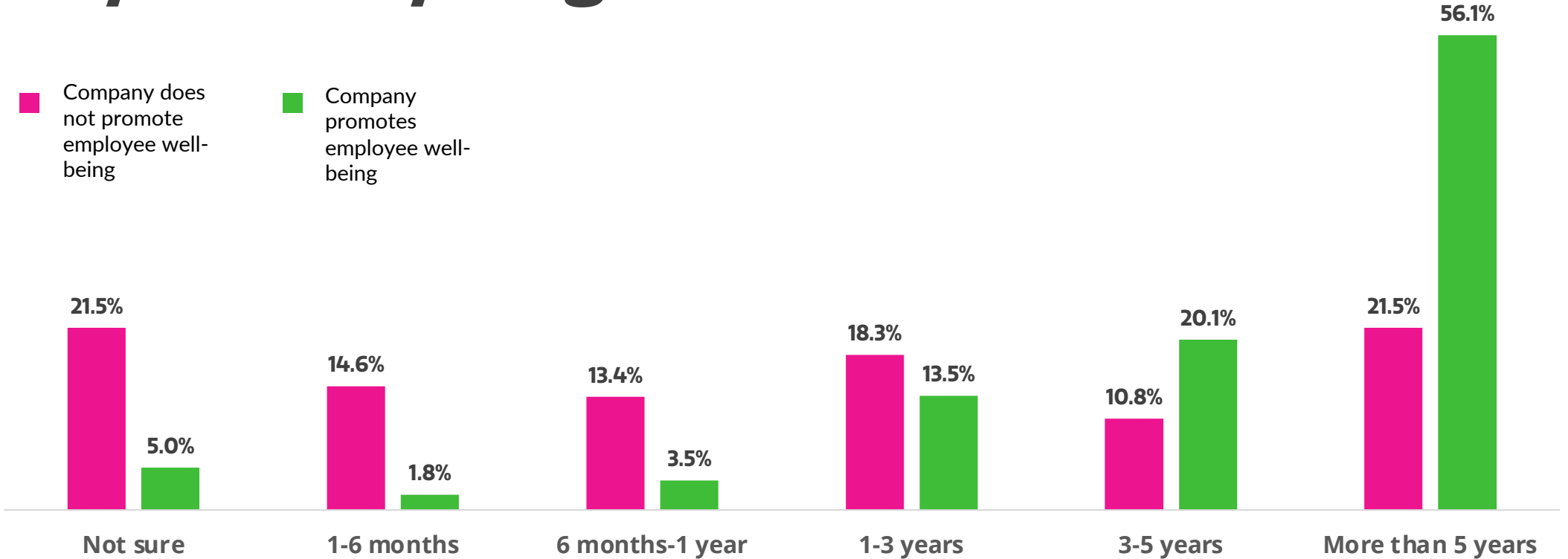
When employees are well, they recommend their workplace to others



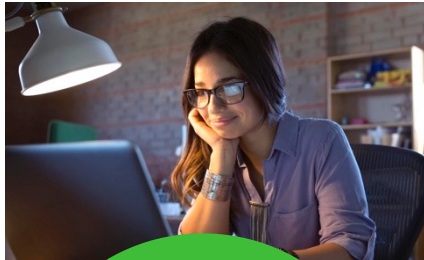
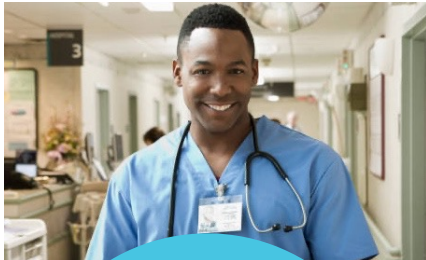
When employees are well, they will stay longer

■ Company does not promote employee well-being

■ Company promotes employee well-being



People and business impact



2x
MORE
engaged
at work

4x
LESS
stress and
burnout

7x
MORE
included
at work

3x
LOWER
turnover

23%
LOWER
injury rates



Thank you!



The employee experience is your engine

Well-being is your fuel



Well-being *Well done*



PUSH vs. PULL

One size fits ONE vs. ALL

Well-being FOR vs. TO employees

