



Wellnessentially

Increase employee engagement with gamified challenges

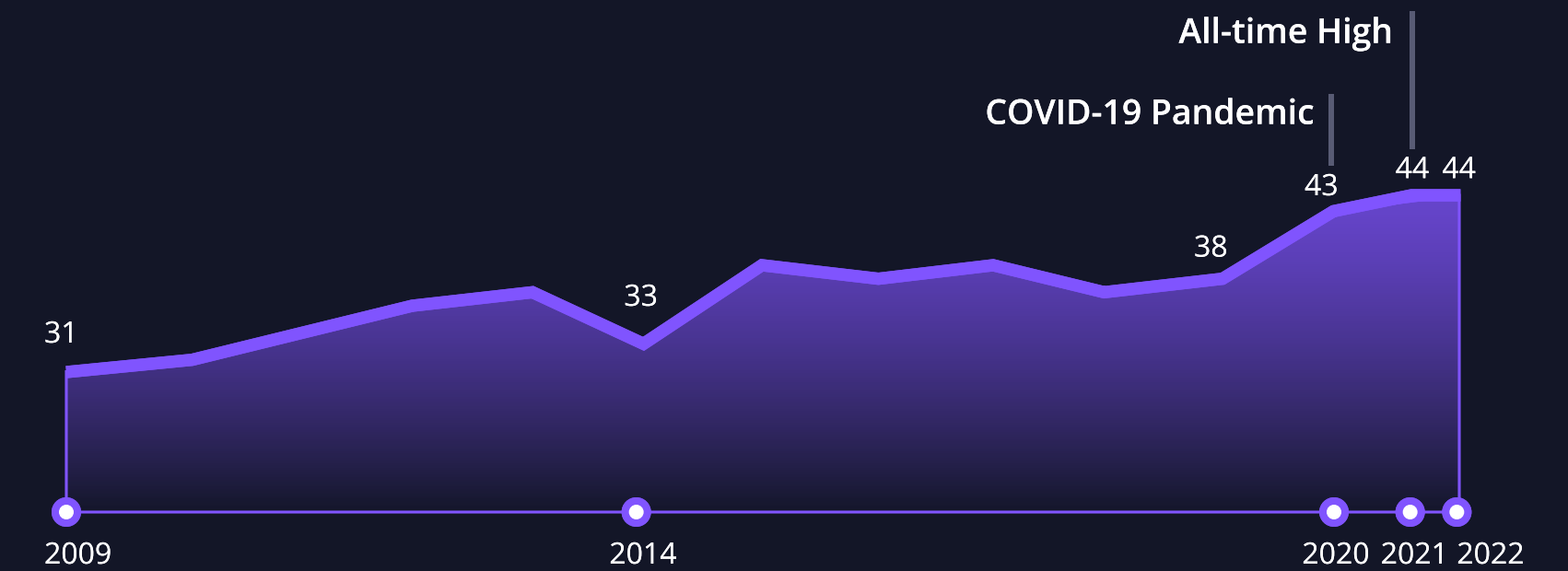
The current challenges of the Workspace climate

Source: State of the Global Workplace Report 2023

Employee stress remains at a record high

Worldwide, 44% of employees said they experienced a lot of stress the previous day. This is the second year in a row worker stress reached record levels.

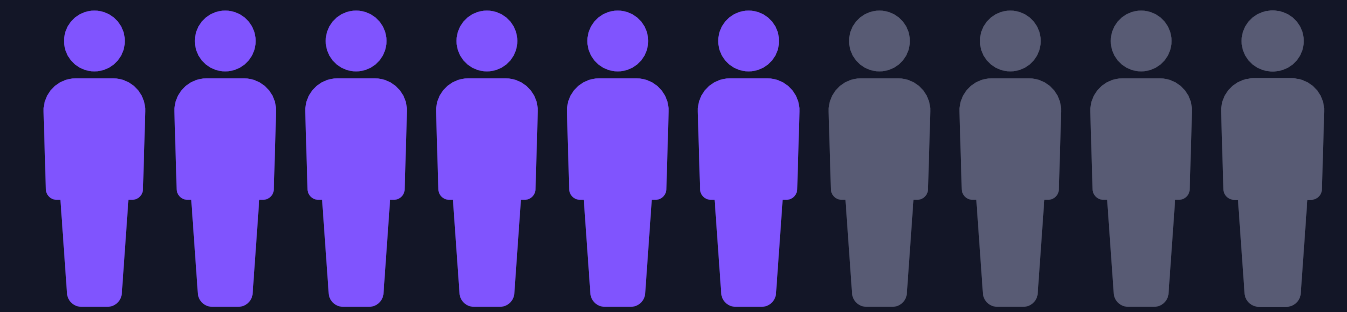
Employee stress rose in 2020, likely due to the pandemic. But employee stress has been rising for over a decade.



The majority of the world's employees are quiet quitting

Quiet quitting is what happens when someone psychologically disengages from work. They may be physically present or logged into their computer, but they don't know what to do or why it matters.

They also don't have any supportive bonds with their coworkers, boss or their organization.



Nearly six in 10 employees fell into this category.

"Quiet quitters" know what they would change at work

The most significant changes in their workplaces are primarily in engagement or culture, pay and benefits, and wellbeing.

These statistics reflect a growing demand for workplaces that offer not only fair compensation but also a supportive and growth-oriented environment.

41%
Engagement
or culture

28%
Pay and
benefits

16%
Wellbeing

**How to Stay Ahead
of this Trend?**

**Use our Gamified
Challenges Platform!**

- *Achieve Higher Employee Engagement*
- *Reduce Workplace Stress*
- *Enhance Team Collaboration*
- *Foster a sense of community among your team*

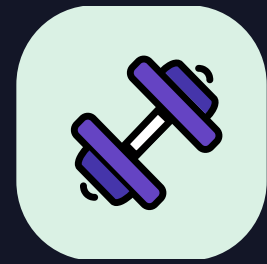
What is Wellnlessly?

A digital platform that combines **gamification** with **wellness activities** to **combat employee stress** and **fortify company culture**.

Our Platform allows you to implement fun, engaging **gamified challenges** that keep your team motivated and focused.



Types of competitions



Steps



Sleep



Hydration



Breathing

How it works?

We offer packages of 4 annual competitions for your team (one per quarter), with the option to choose from Step, Sleep, Hydration, and Breathing competitions.

Each competition lasts for 30 days.

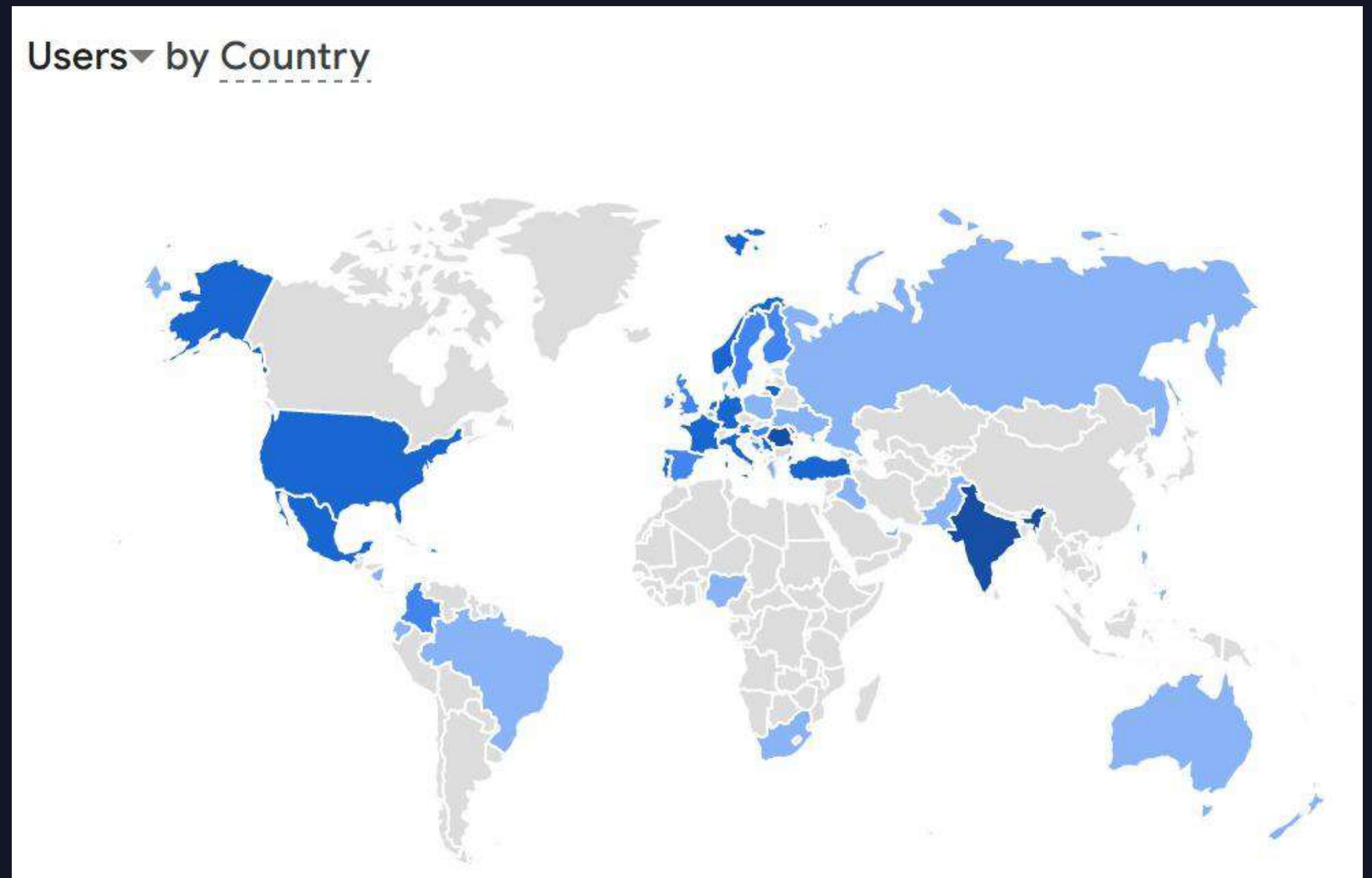
Before the start of each competition, each member of your team will complete a stress assessment questionnaire, which they will repeat at the end of the 30 days.

This way, you will have an accurate evaluation of the competition's impact on your team.

To ensure the accuracy of the responses, these surveys are anonymous.



Stepathon Results, May 2024 - Step Competition



**What former
Stepathon
participants say:**

- ***“I was 'forced' to walk to the office every day :)”***
- ***“I did more exercise in a month than I have in the past two years!”***
- ***“The step competition helped us become more united and productive as a team.”***
- ***“I left my car at home and walked to the office for a month, motivated to win the Stepathon. And I succeeded :)”***

Why us?



Engaging Gamified Experience

We gamified wellness, sparking a fun, addictive drive to stay active and connected.



Holistic Wellness Approach

More than just a fitness tracker, our platform nurtures mind, body, and social connections for all-around health.



Flexibility

We adapt to fit your company's unique needs perfectly.



Efficiency

Our platform is impactful and easy to use.



Data-Driven Insights

Track health patterns easily and use those insights to craft smarter, more effective wellness plans.

Trusted by Leading Employers



srd - media

OPERATIVE



Prysmian Group



TEILOR



As seen in



a.m



RomâniaPozitivă

wordspell



PRwave



Explore how you can transform your workplace
into a dynamic, fun, and productive environment!

Get in touch

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