



University Case Study



Challenge Results

100 faculty & staff

76 buddies

9107 Take 5's completed

450 hours of mindfulness practiced

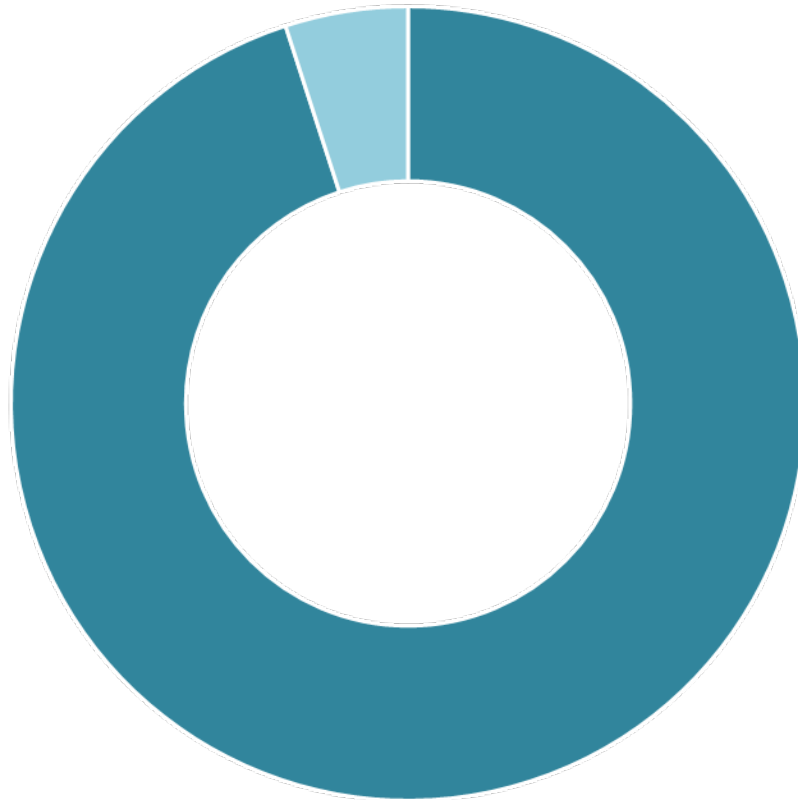
94% were **satisfied** with training

92% **integrating Take 5** into their
life

91% plan on **continuing to use the**
skills



95% Would Recommend the Challenge



Results Continued

95% managing **stress** better

93% practicing greater **self-care**

92% feeling better about their **health & wellbeing**

90% **focusing** better

88% treating others more **kindly**

87% managing **conflict** better

87% **engaging** more effectively with their work

85% **communicating** better

83% **collaborating** better

79% **managing time** more efficiently

Challenge Completion

45% of participants completed all 30 Days*

54% of participants got to Week Four

** The average completion rate for online training is 7 to 10%*



Testimonials

“I noticed the benefits of the Challenge when a difficult situation came about with a co-worker. With the Take 5 practice, I was able to decrease the anxiety and get my bearings quicker than normal.”

“This was a very good introduction to mindfulness.
Thank you.”

“What I learned in the Challenge helped me during an important presentation.”

“I really will use these skills going forwards!”

“This program is very well done and ‘just enough’.”

“I love how the Mindfulness Challenge is presented - great videos and infographics!”

“Thank you for a wonderful program! It has helped me remain calm, open and healthy during a challenging time.”

“Take 5 has been good for breaking up the monotony of a day in front of the computer.”

“The the texts were great prompts. I found the one-liners truly helpful when you least expect it.”



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