

Wellbeing resources



Your inner world

Thoughts, feelings and emotions are integral components of wellbeing. These six questions are designed to understand how you're coping with day to day life.

Next

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Close



The world around you

The people and environment around you can have a big impact on your wellbeing. These six questions cover aspects of your physical and psychological safety.

Next

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Close



Physical health

sions on

Wellbeing resources

Elevate the wellbeing literacy of your people and build a more resilient organisation

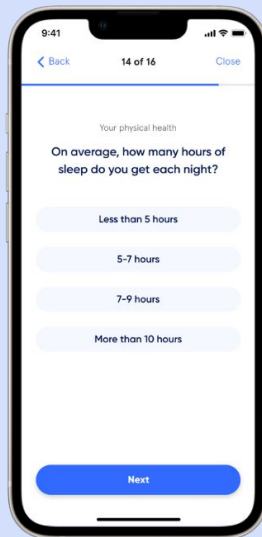
Enable your people to practice healthy wellbeing habits every day by putting Sonder's range of health advice, interactive questionnaires and personalised wellbeing content in the palm of their hand.

Watch feature video here



Wellbeing assessment

A three minute, personal wellbeing check-in

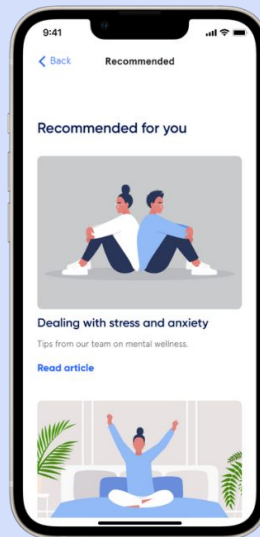


85%

completion rate

Wellbeing library

Professionally curated advice on a range of topics

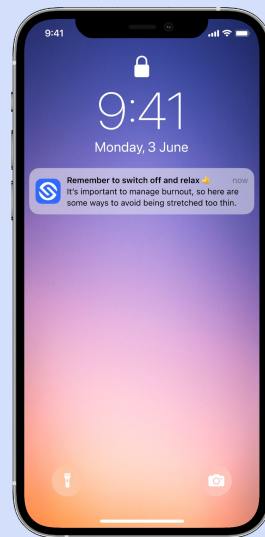


Most engaged themes include sleep & anxiety

Last 90 days usage data

Wellbeing notifications

Regular updates to keep wellbeing habits on track



55%

notification engagement rate