



Skills and Resiliency Microlearning

Powered by *headversity*.

Skills and Resiliency Microlearning is a digital mental health solution for the workforce that leverages preventive upskilling to deliver on-demand, personalized practice-based training experiences.

Employee mental health is a leading business concern, yet access to continuous care remains a challenge:



Millennials want a workplace culture that prioritizes mental health and wellbeing.¹



Supporting employee wellbeing can help **improve productivity by an average of 13%.**²

How it works

Skills and Resiliency Microlearning helps employees get on the mental health journey that is right for them.

App-based microlearning

Self-directed learning compatible with any digital device.

Gamified approach to learning

Daily tasks and learnings for users to level up.

For individuals and teams

Microlearning experiences built for individuals and teams.

Practice-based

Quick, simple, bite-sized practices to build healthy habits.

Work and home skills

18 validated resilience skills.

Therapy-grade

The latest in neuroscience, always available.

Self and administrative reporting

Personalized analytics and population insights.



Impact on organizations

Skills and Resiliency Microlearning helps drive reach and impact across organizations by addressing mental health challenges in a preventive way, using digital practices that put therapy-grade tools in everyone's hands before crises arise.

- **Engagement**
Ready library of marketing materials to drive adoption and usage.
- **Customer success**
Human-led activations, virtual community events accessible to all.
- **Reporting**
Rich data insights and reporting, with industry benchmarking.
- **Actionable insights**
Immediately address high-risk areas across your workforce with preventive upskilling at an individual and group level.



95% report being motivated to act positively.³



15% resiliency skill uptick within 2 sessions.⁴

Available for individuals and groups

SOLO

Personalized journey for individuals:

- 5-minute individual experiences
- Psychology-backed skill training
- Addressing skillsets across core, work and home environments
- Audio-visual micro-lessons to develop targeted skillsets
- Practice tools and nano-practices for positive behavioural adaptation

TEAM

Group journey for teams:

- 5–7-minute group experiences
- Behavioural science-infused group training
- 80+ evidence-based topics
- Discussion prompts and automated talk tracks
- Group challenges with real-time, anonymous polling options



Learn more at telushealth.com/learning



1. <https://www.forbes.com/sites/bryanrobinson/2023/08/02/6-reasons-employers-are-still-missing-the-mark-on-mental-health/?sh=5e44541b731e> 2. <https://www.bcg.com/publications/2023/workplace-burnout-costing-canadian-companies-billions> 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10080362/> 4. headversity global learner data with 95% reporting to be motivated to act positively on average for learners with 2+ sessions.