



## Enhancing Employee Camaraderie Through Wellness Competitions & Group Wellness Sessions

### About One Workplace

- ✓ Commercial Furnishings Dealership
- ✓ 1,000 Employees
- ✓ TaskHuman Launch December 2020

### The Challenge

One Workplace understands the value of employee wellness platforms that include personalized solutions and 24/7 availability. The challenge lies with growing available resources and where their investments fall. What should companies be investing in that not only holds value to each employee, but ensures corporate benefits, such as high engagement, ROI, and retention?

One Workplace wanted additional resources and technology solutions to assist employees with specific, individualized wellness goals, as well as boost productivity and workplace camaraderie.

### The Start

One Workplace launched TaskHuman to 1,000 US employees in December 2020, due to TaskHuman's comprehensive topic availability, in-app accessibility, and continuous engagement activities such as wellness challenges and group sessions that provide friendly competition and camaraderie within their workforce.

This new solution provided employees with personalized 1:1 coaching for specific pain points and exploratory interests they have, as well as enhance the overall morale and productivity within their organization - a value One Workplace sees as an indispensable tool for their internal team.

### Calls Made In Over 100 Different Topics:

Home-Based Workouts	Mindset Transformation
Yoga	Tai Chi
Time Management	Leadership Coaching

# The Impact

Since launching TaskHuman, One Workplace has increased confidence and created a better implementation strategy within their health & wellness objectives. Not only has morale, employee camaraderie, and productivity increased, but individual employees get 1:1 support to focus on their fullest potential, helping improve employee health behaviors, attract and retain top talent, and enhance company culture. TaskHuman provides an additional resource for One Workplace employees to use, allowing them to address many pain points and goals the organization understood previously, however were not able to provide proper resources and personalized attention, prior to launching TaskHuman.

977

Total Coaching Sessions

4.9/5

Avg. Satisfaction Rating

45,372

Total Minutes of Coaching

## One Workplace Users Amplified With TaskHuman

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Reita was absolutely incredible. She provided everything I needed & expected and more. I am so happy to have discovered her through TaskHuman and look forward to our future sessions.

*Topic: Respecting Neurodiversity*

“

Maya is amazing! Super helpful and engaging. She gave me so much helpful advice around sleeping better and took the time to explain what some of the root causes could be. Maya is a good listener and very insightful. She has a great outlook on our connection with nature and how important it is for us to stay balanced.

*Topic: Sleep Better*

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Suzanne was very approachable, knowledgeable, and friendly. Great first experience with this app and with a coach. I will definitely book her again!

*Topic: Financial Wellness*

## The Road Ahead

TaskHuman and One Workplace will continue to expand the total user base, levels of engagement, and incentive opportunities within wellness challenges.

A greater grasp and focus will be placed on enterprise metrics to track additional organizational ROI including overall NPS score, turnover costs, healthcare cost, attrition rates.