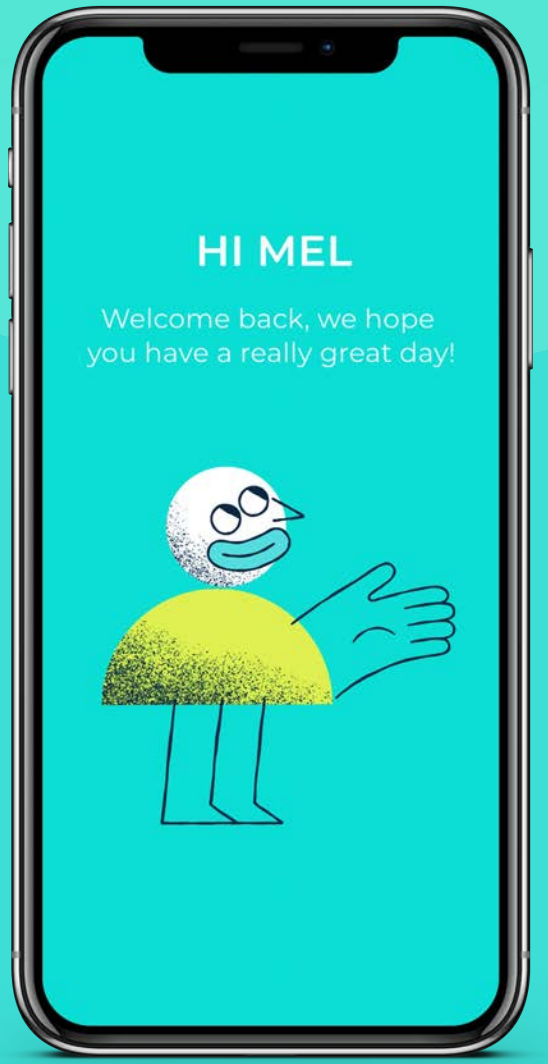
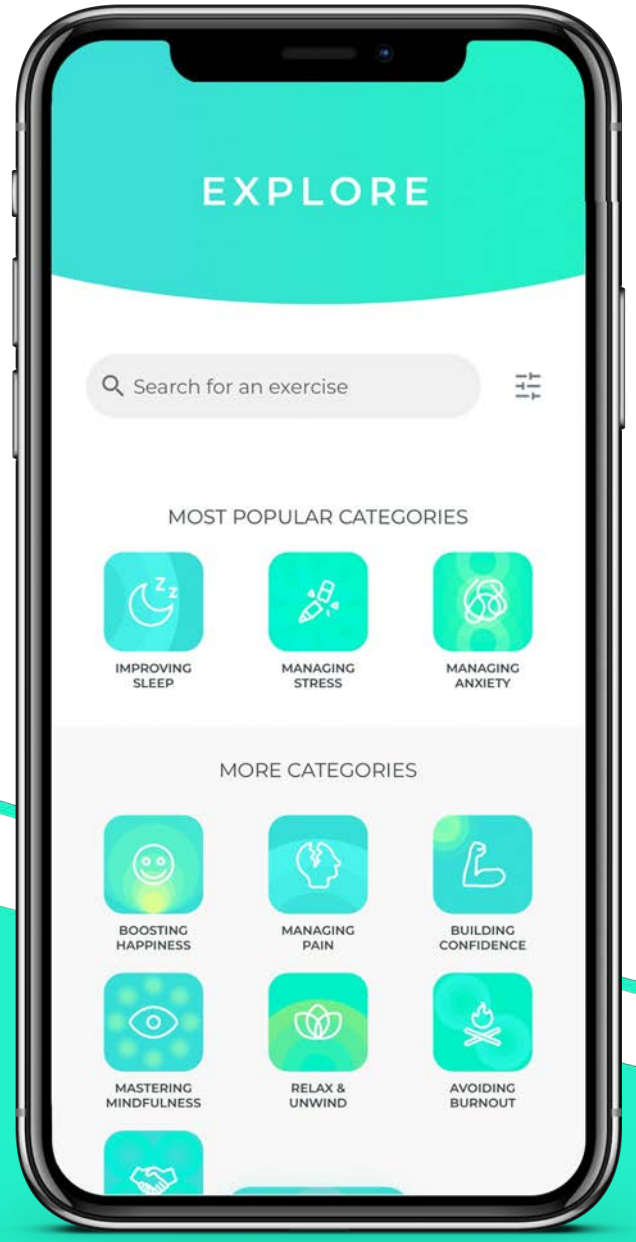
LUMINATE ON DEMAND

DESIGNED TO INTERGRATE WITH YOUR
WORKPLACE WELLBEING PROGRAMME.



LUMINATE



A LIBRARY OF WELLBEING CONTENT

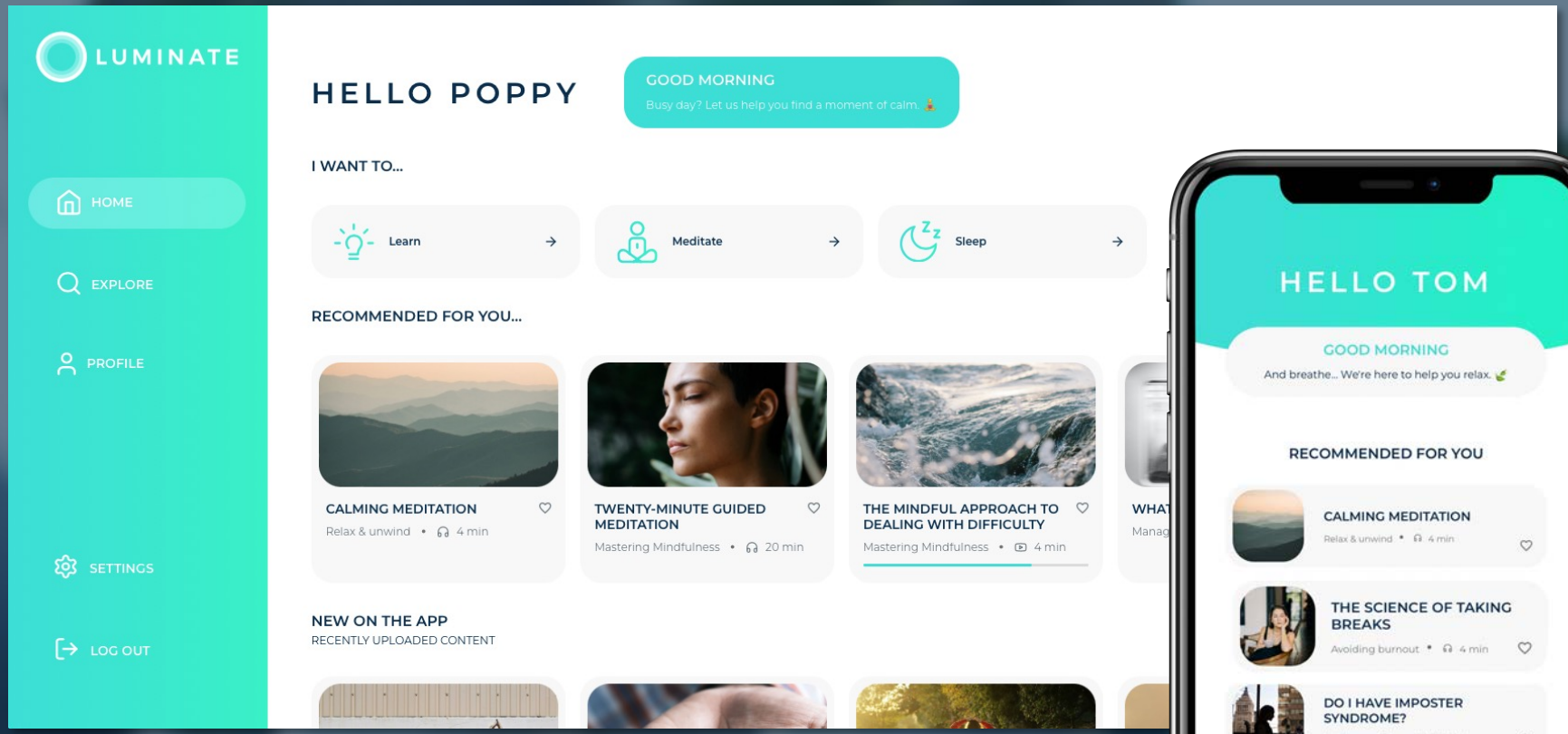
Provide your team with the tools to build healthier habits. Luminate On Demand gives employees access to a library full of wellbeing content, including popular exercises from our live sessions!

FOCUS AREAS:

- Managing stress & anxiety
- Boosting happiness
- Improving sleep
- Managing pain
- Building confidence
- Yoga and movement
- Feel-good nutrition

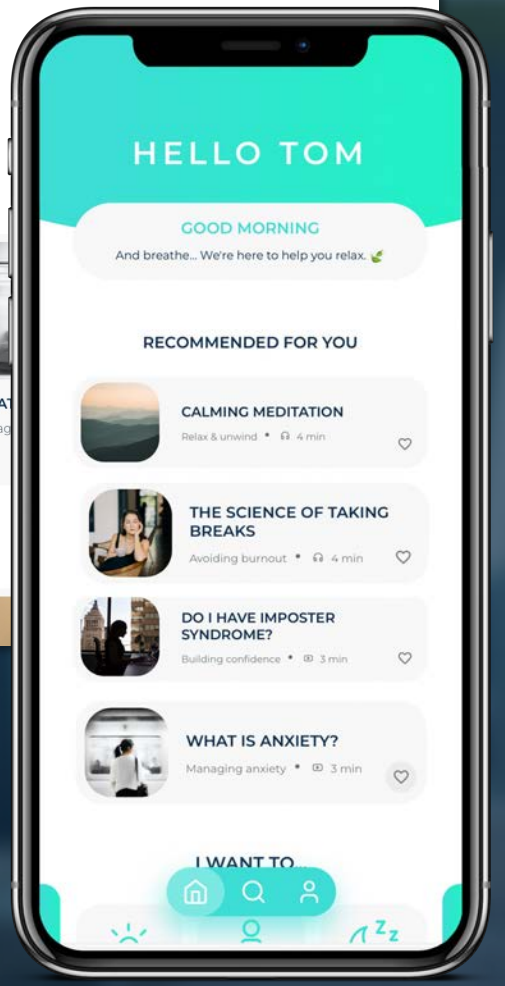
WITH...

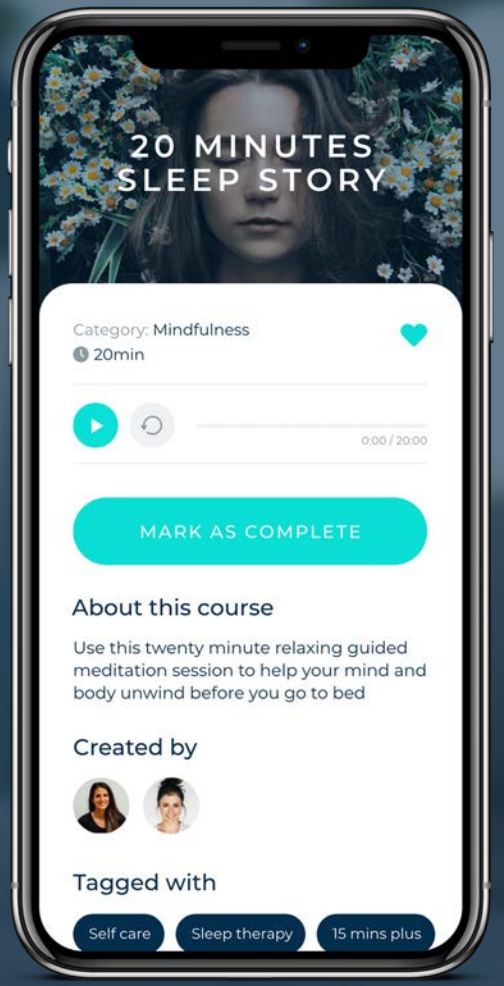
- Mindfulness meditations
- Podcasts
- Educational videos
- Exercises for sleep
- Yoga classes



Desktop view

Mobile and tablet view



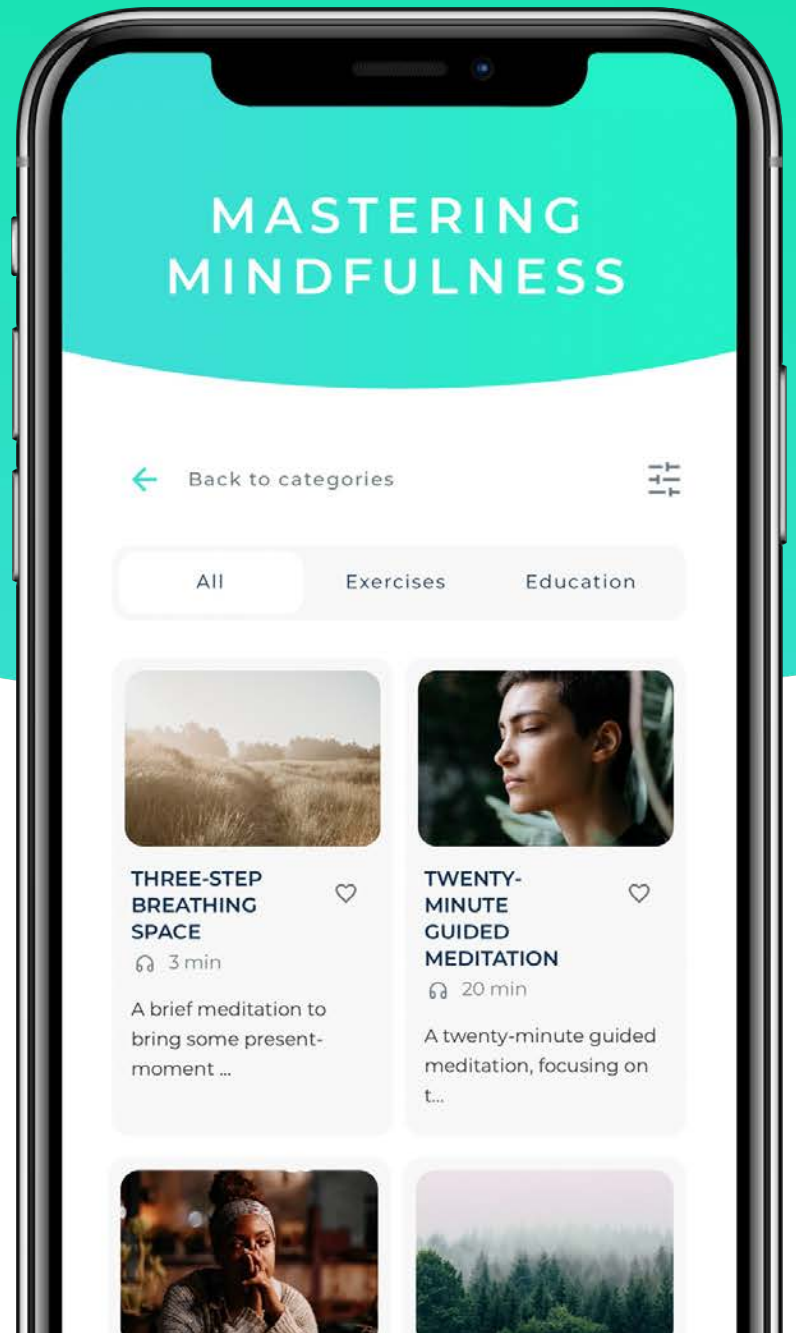


BITE-SIZED EDUCATIONAL VIDEOS

Learn on-the-go with our bite-sized educational videos and podcasts, covering a wide variety subjects in wellbeing including sleep, nutrition, stress management, mindfulness and more...

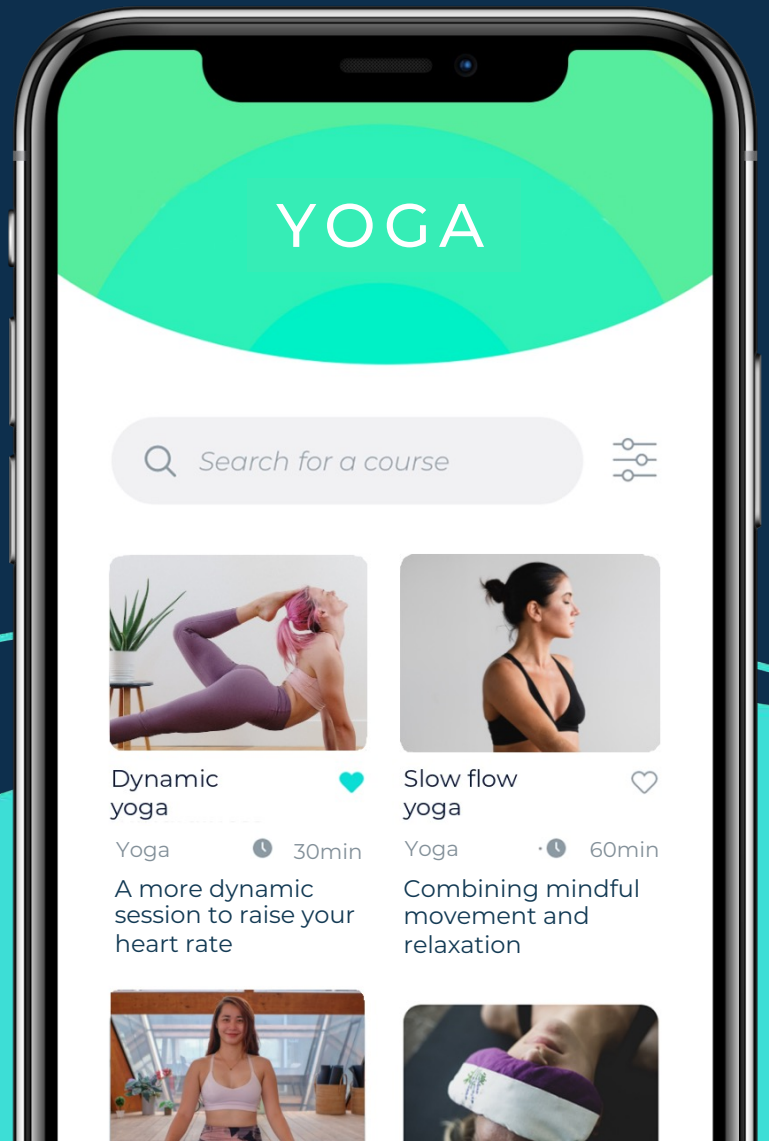
SOME TOPICS WE COVER ARE...

- How to develop a wind-down routine for sleep
- Learning to recognise our stress response
- Do I have imposter syndrome?
- Boosting energy through nutrition
- Improving our attention-span through meditation



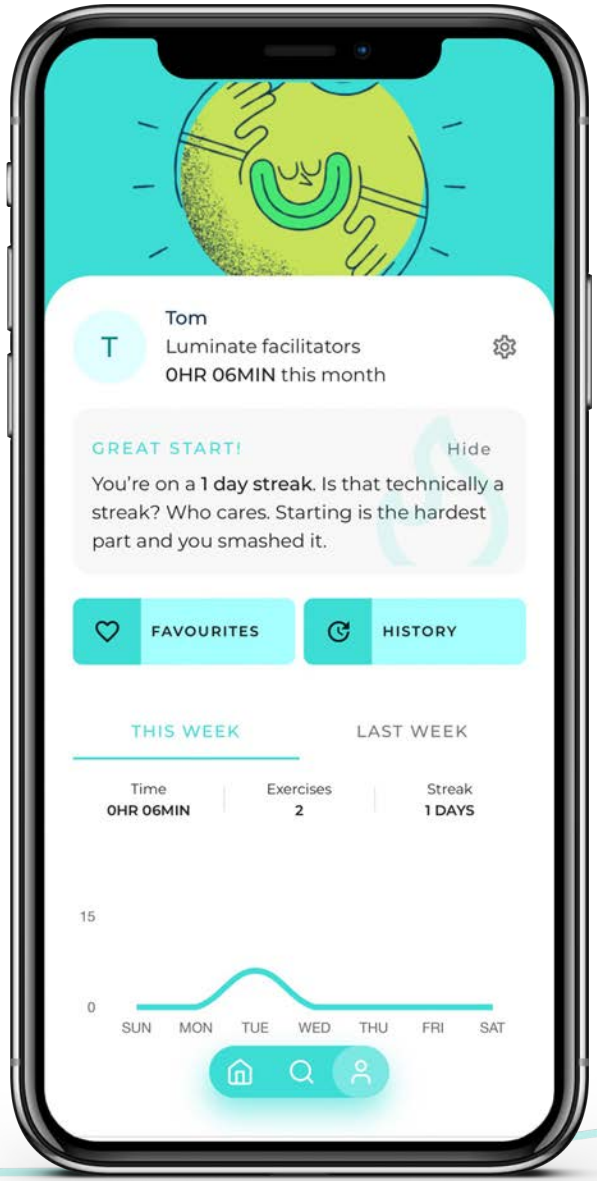
GUIDED MEDITATIONS & RELAXATION EXERCISES

Exercises to help you manage stress, cope with anxiety, and feel more present in day-to-day life, accessible when you need them most.



INCLUDING:

- Exercises to help you sleep
- Mindfulness meditations
- Breathe-work & relaxation exercises
- Pain management sessions
- Grounding yoga sessions



RESULTS FOR YOUR PEOPLE, RESULTS FOR YOUR PEOPLE-PEOPLE

Designed to help users keep track of their progress and HR teams to keep track of usage trends - leveraging data to drive your organisation's wellbeing strategy forward.

FOR YOUR PEOPLE-TEAM:

- Monthly impact reports
- Track most popular categories, exercises, and time spent on the app

FOR YOUR PEOPLE:

- Weekly progress tracker
- Personal exercise history
- Save favourite exercises

BESPOKE TO YOUR BRAND

Here to support your wellbeing programme, we can help bolster internal initiatives by creating content that's bespoke to your organisation.

SOME EXAMPLES:

- White label interface
- Introductory message from leadership
- Content specific to your industry and/or workplace
- Playback on live-sessions hosted by your organisation
- Book Luminate counselling / coaching through the app

HOW IT WORKS

To request a demo or to learn more, get in touch with us at hello@weareluminate.co or on 0203 637 741.

Luminate On Demand is a web-app, meaning no downloading required along with endless, subsequent updates....Phew! It is hosted online and only requires an internet connection to access.

Luminate On Demand is offered on a flexible subscription basis.

ENQUIRE FOR PRICING

The app is accessed through a link specific to the organistation and number of subscriptions purchased. Users follow this to be taken to a portal where they can create their own, individual account.

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