



SENSARAA

MENTAL WELLNESS FOR TEAMS

UNLOCK PERFORMANCE
AT INDIVIDUAL & TEAM LEVEL

\$170* / Month / Employee

Reduce Stress Instantly
Increase Engagement
Unlock Team Cohesion
15 min / week

70% of US workers feel exhausted and unsafe at work. 43% feel disengaged. On the other side, employers are struggling to attract, motivate and retain top talents.

Mysterious Giraffe



Take a Seat Creative Art

Group Beginner

3-MONTH PILOT

5 Min Practices / Week: SOLO - DUO - GROUP
Research backed by Harvard Business School

3/8 KPI TO INCREASE ENGAGEMENT By 20%

- + Control over your work - Month 1
- + AI & Time Management - Month 2
- + Work-Life Balance - Month 3

→ Monthly Self-Assessment

EASY PLUG-IN WITHIN EXISTING TOOLS LIKE SLACK PLATFORM

Max - Senior Leader @Accenture - Alpha Client

"After 2 workshops and 15 min practices weekly on the Alpha Platform, my team saved 2 hours per week per employee by streamlining communication - aka: asking for help effectively and solving problems faster."

* Pricing based on a minimum of a 3 months program for 10 employees



Somatic Practice >

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