**What is Levelhead™?**
A mobile learning tool that provides 3-5-minute micro-lessons to help you live a happier & healthier life.

**Easy-to-Use**
- Self-directed micro-lessons
- 3-5 minutes in length
- Easy to incorporate into the day
- Personalize by setting favorites

**Team Building Included!**
- Communicate with colleagues right in the Levelhead app.
- Easily send stickers and messages to show appreciation and encourage each other.

**Hundreds of Micro-lessons:**
You'll see a variety of micro-lessons with topics like:
- Gratitude
- Empathy
- Self-Compassion
- Breathing
- Relationships
- Focus and Attention
- Relaxation
- Compassion & Kindness
- Creativity
- Meaning & Purpose

**Benefits**
- Increase focus
- Improve decision-making
- Reduce stress and anxiety
- Build resiliency
- Fortify teamwork and relationships
- Spark creativity and innovation
- Work smarter, not harder

Want to learn more? Check out getlevelhead.com