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Decide to Thrive

PREVENTING BURNOUT IN 2022 AND BEYOND

“On the morning of
April 6, 2007, I was
lying on the floor of
my home office ...”

Arianna Huffington has been learning
and writing about burnout for 15 years.

“Lays out a path for each of us to look within
and make our lives more authentic and fulfilling.”

—SHERYL SANDBERG



Thrive

THE THIRD METRIC TO REDEFINING
SUCCESS AND CREATING A LIFE OF
WELL-BEING, WISDOM, AND WONDER

Arianna Huffington

With a New Preface from the Author

Workplace burnout isn't a
vague idea or a complaint.

Burnout is **not inevitable.**

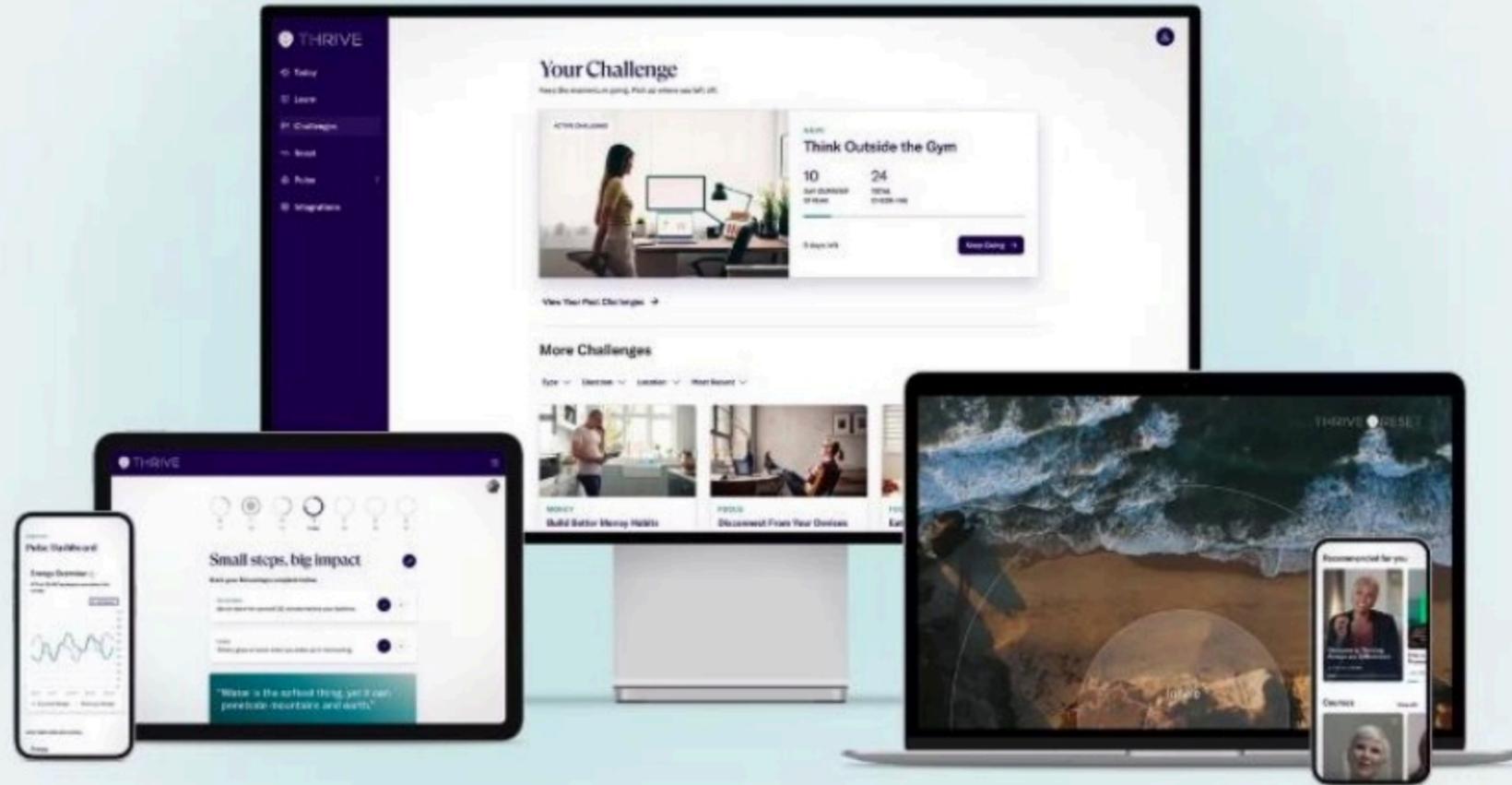
Workplace
burnout is a
health condition.



The Thrive Platform

SCIENCE-BACKED & RESULTS-DRIVEN HOLISTIC WELL-BEING SOLUTION

Thrive everywhere.



TODAY



LEARN



RESET



CHALLENGES



PULSE



WEB



MOBILE



CHAT



CONFERENCE

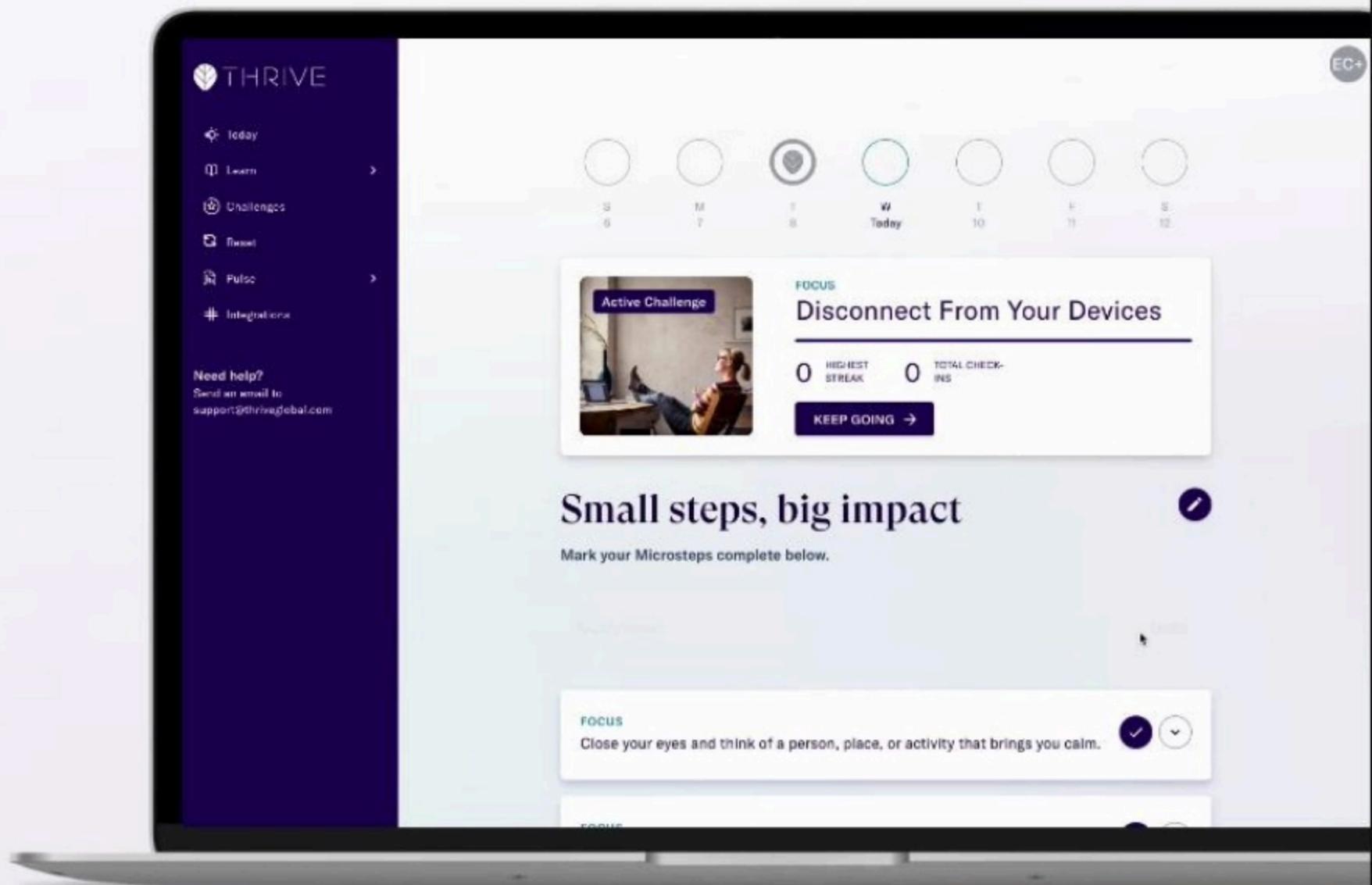


CALL CENTERS

TINY HABITS, HUGE RESULTS

Behavior change that's too small to fail.

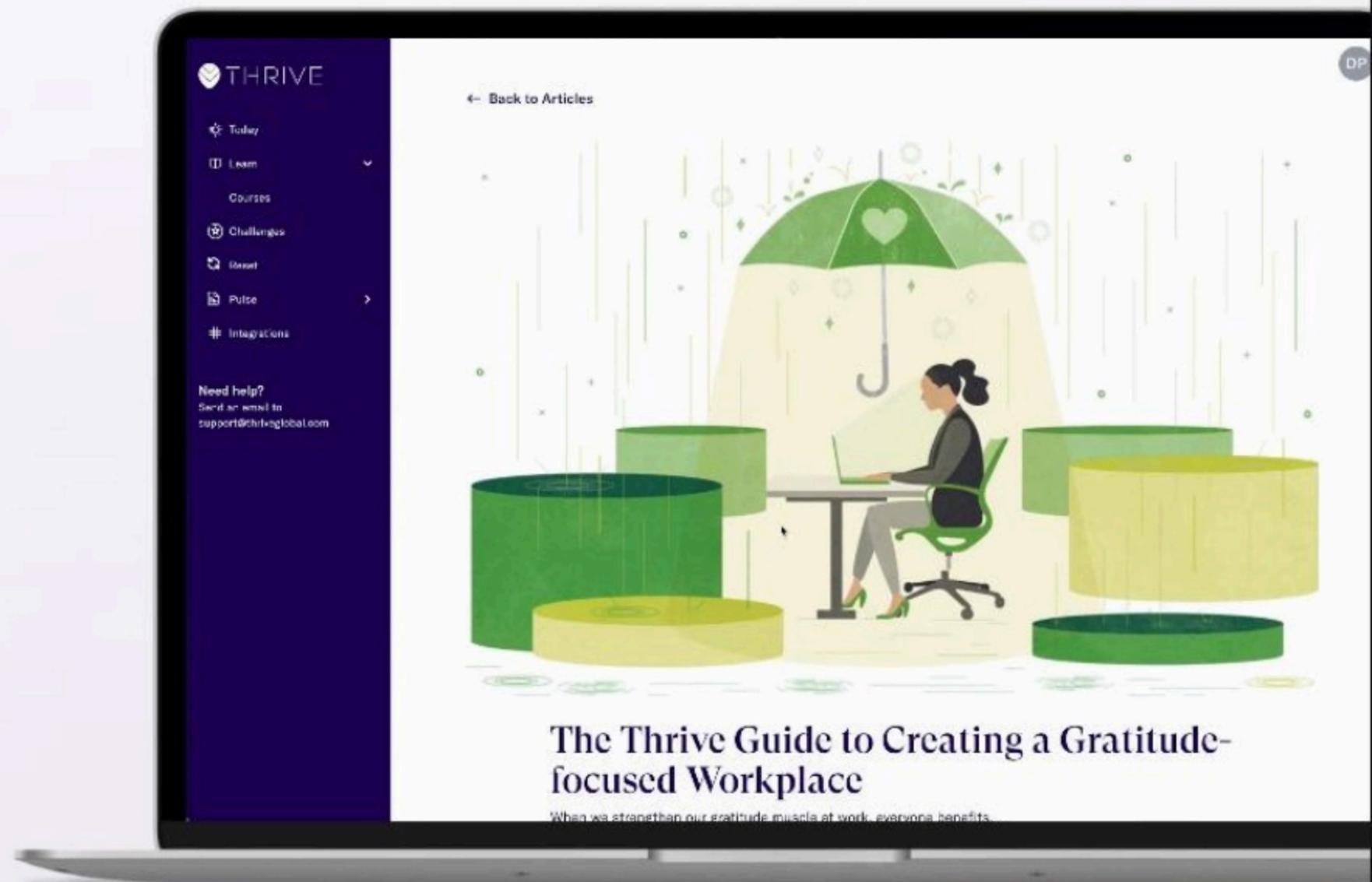
Daily microsteps, expert wisdom and peer inspiration drive lasting, deeply impactful change across your workforce.



THRIVE LEARN

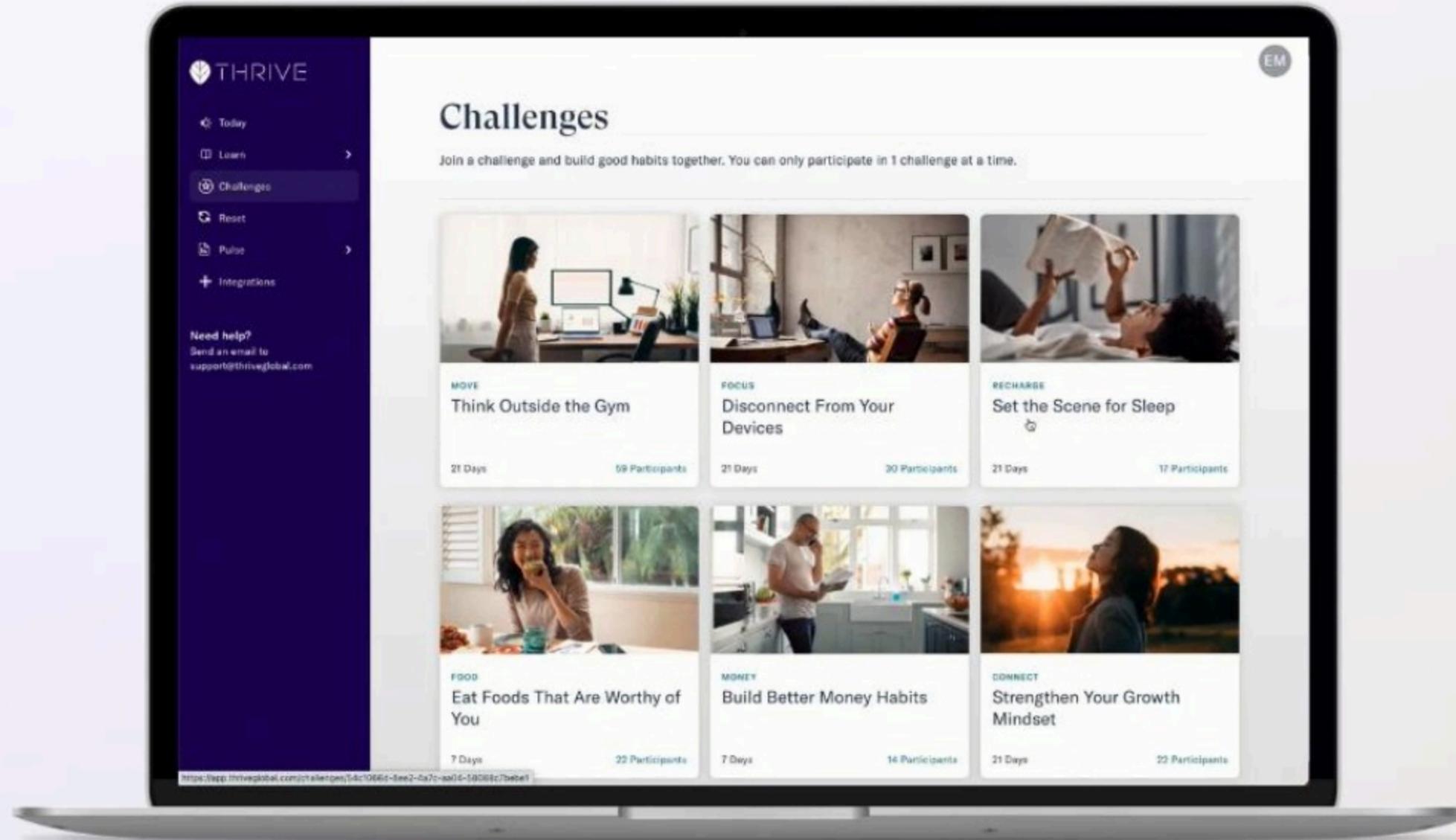
Best-in-class well-being courses

Experience best-in-class courses and resources designed to deepen your well-being knowledge and take you from awareness to action.



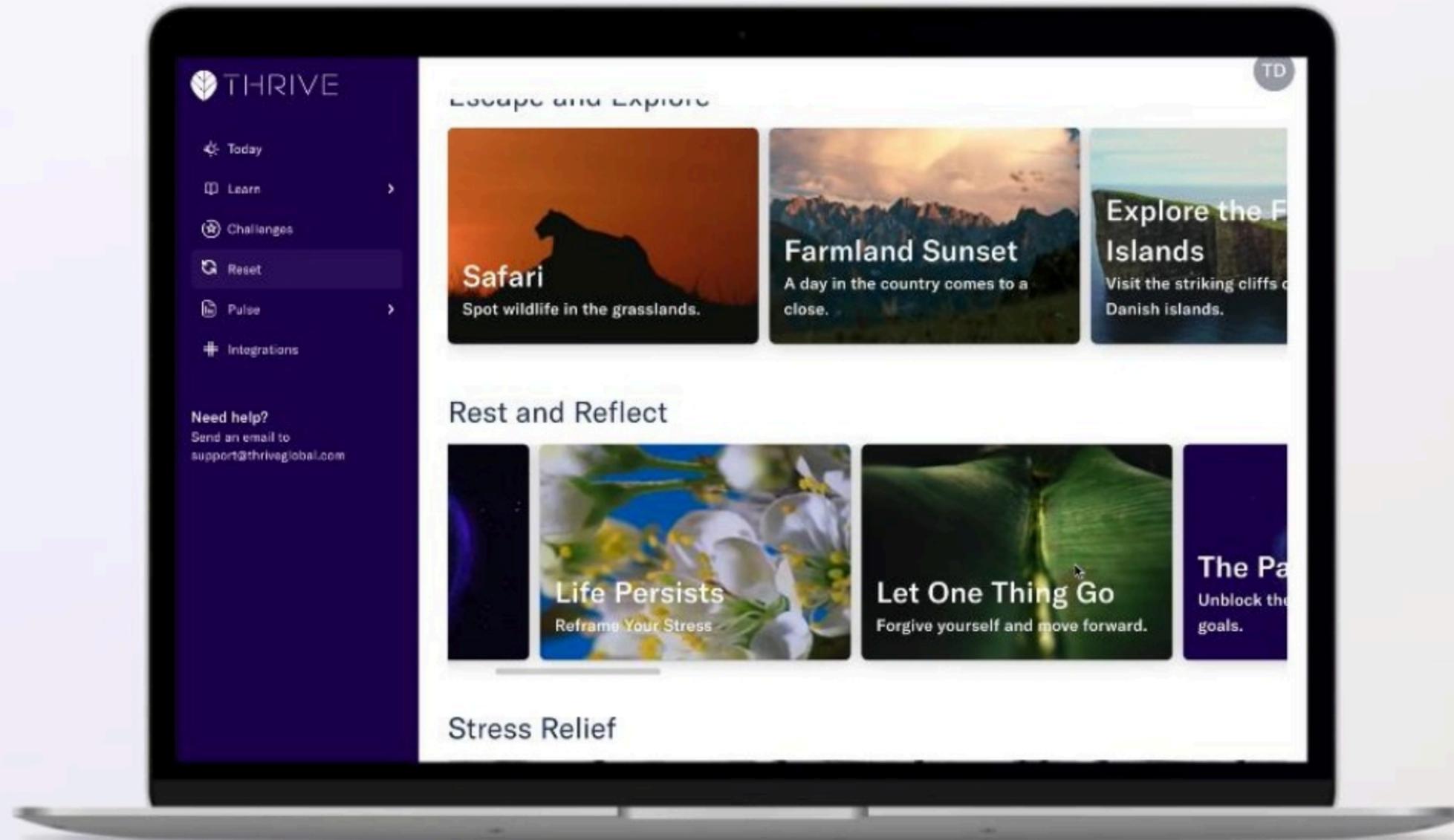
THRIVE CHALLENGES

Thrive together.



THRIVE RESET

Cumulative stress is avoidable.



An aerial photograph of a beach with waves crashing on the shore. The water is a deep teal color, and the sand is a warm, golden-brown hue. The waves are white and frothy as they break onto the beach. The overall scene is serene and natural.

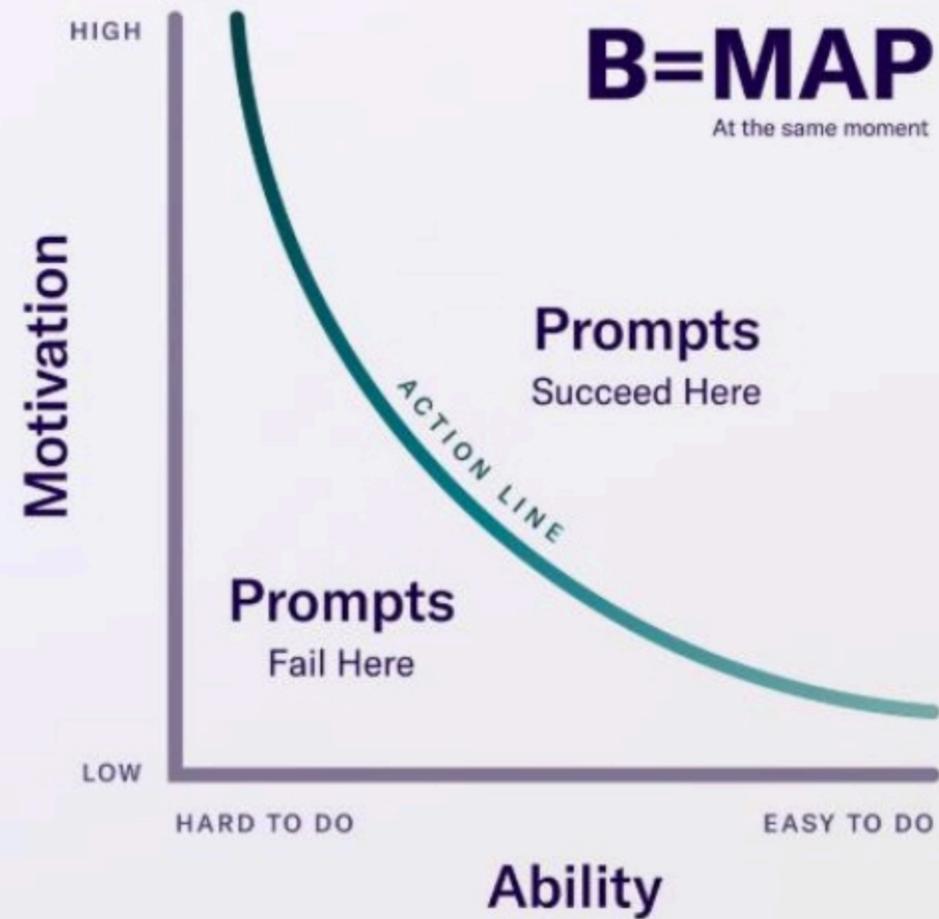
"BE WILLING
TO BE A BEGINNER
EVERY SINGLE  MORNING."

-MEISTER ECKHART

inhale

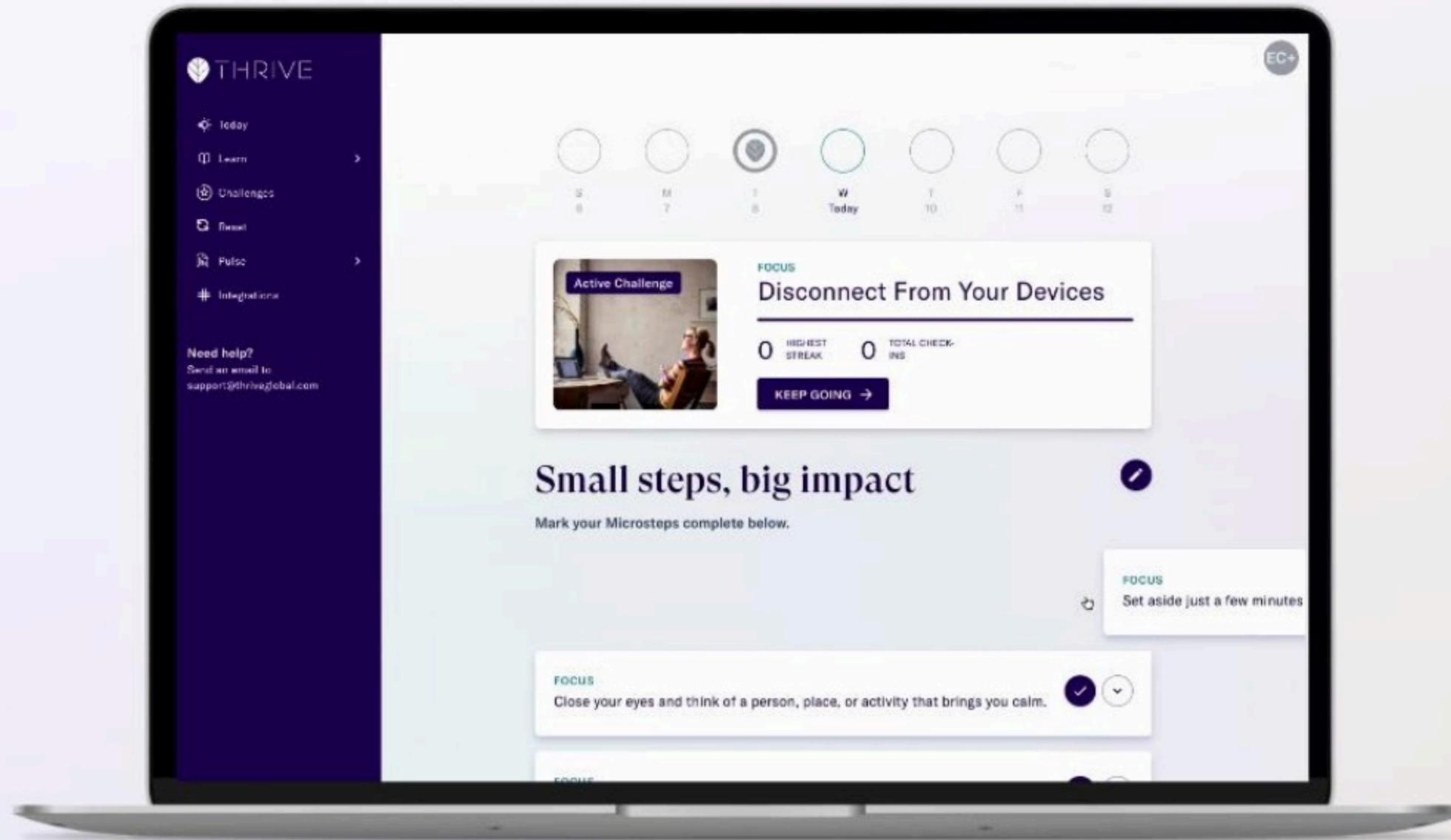
THRIVE
RESET

The Fogg Behavior Model



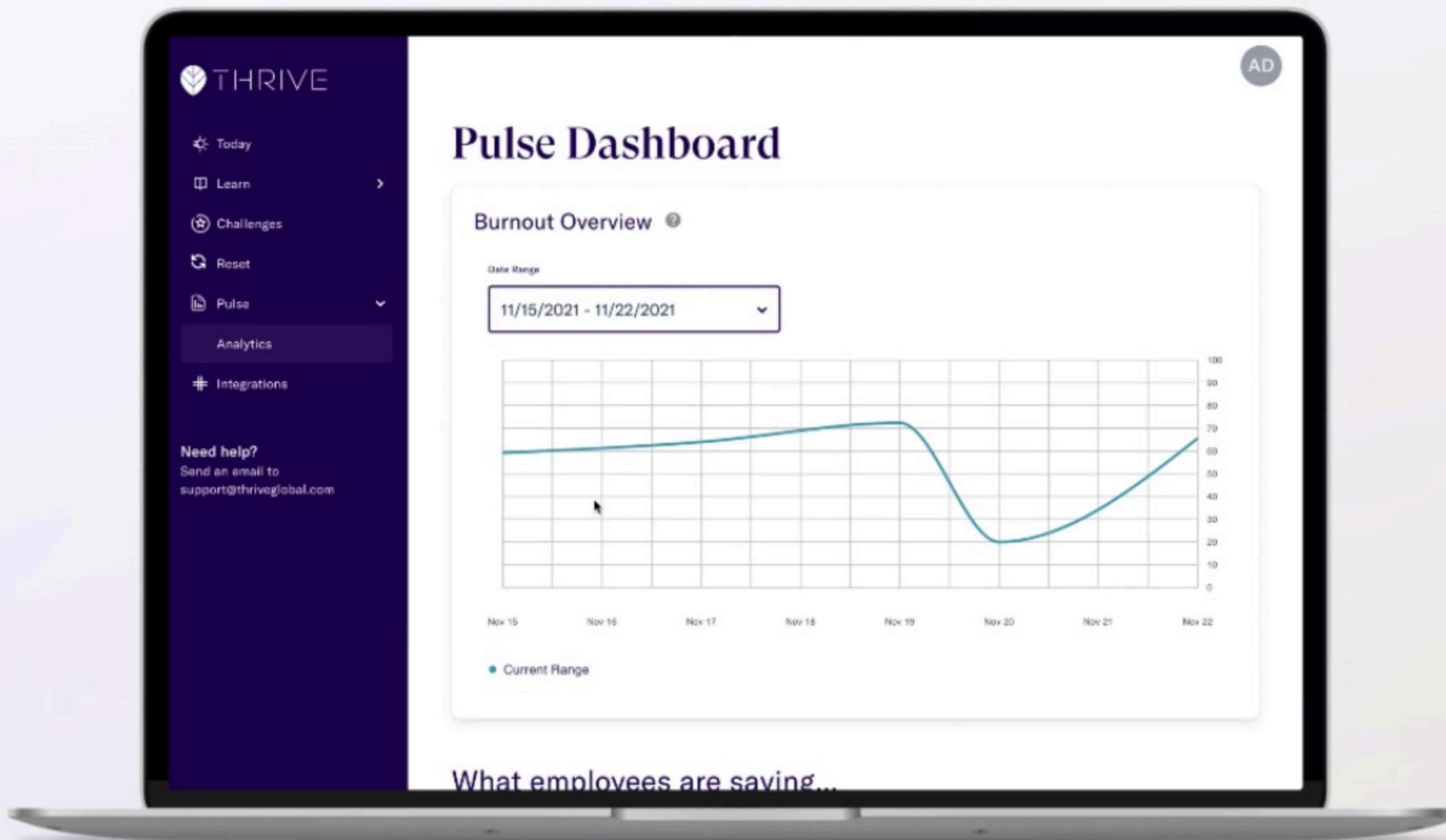
THRIVE TODAY

A guided behavior change experience.



YOUR MENTAL RESILIENCE DASHBOARD

Thrive Pulse

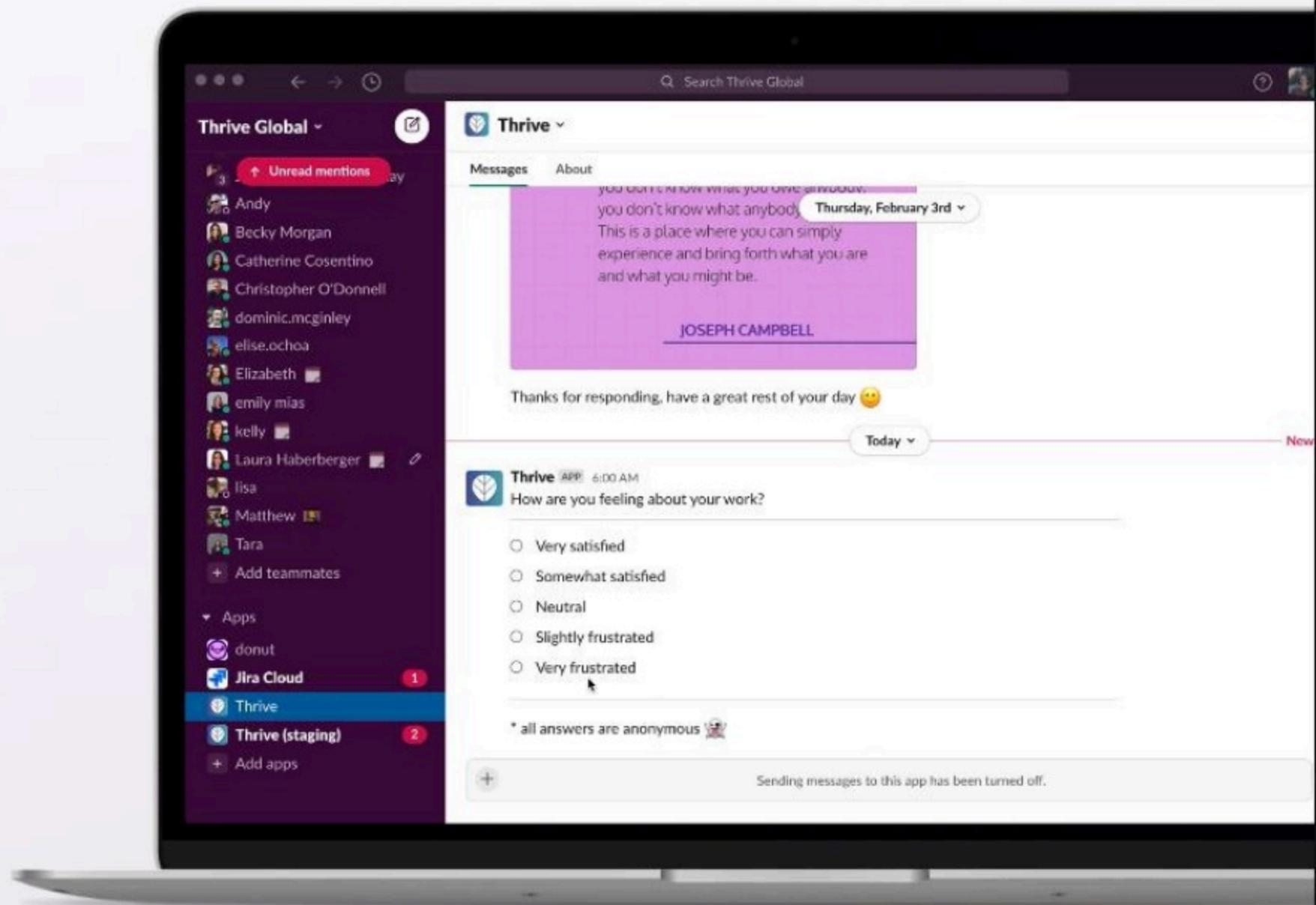


What employees are saying...

EMPLOYEE ENGAGEMENT

Monitor burnout in real time

Measure your employees' risk of burnout and their resilience and prompt targeted interventions to improve individual and organizational well-being.



A Holistic Well-being Solution

