

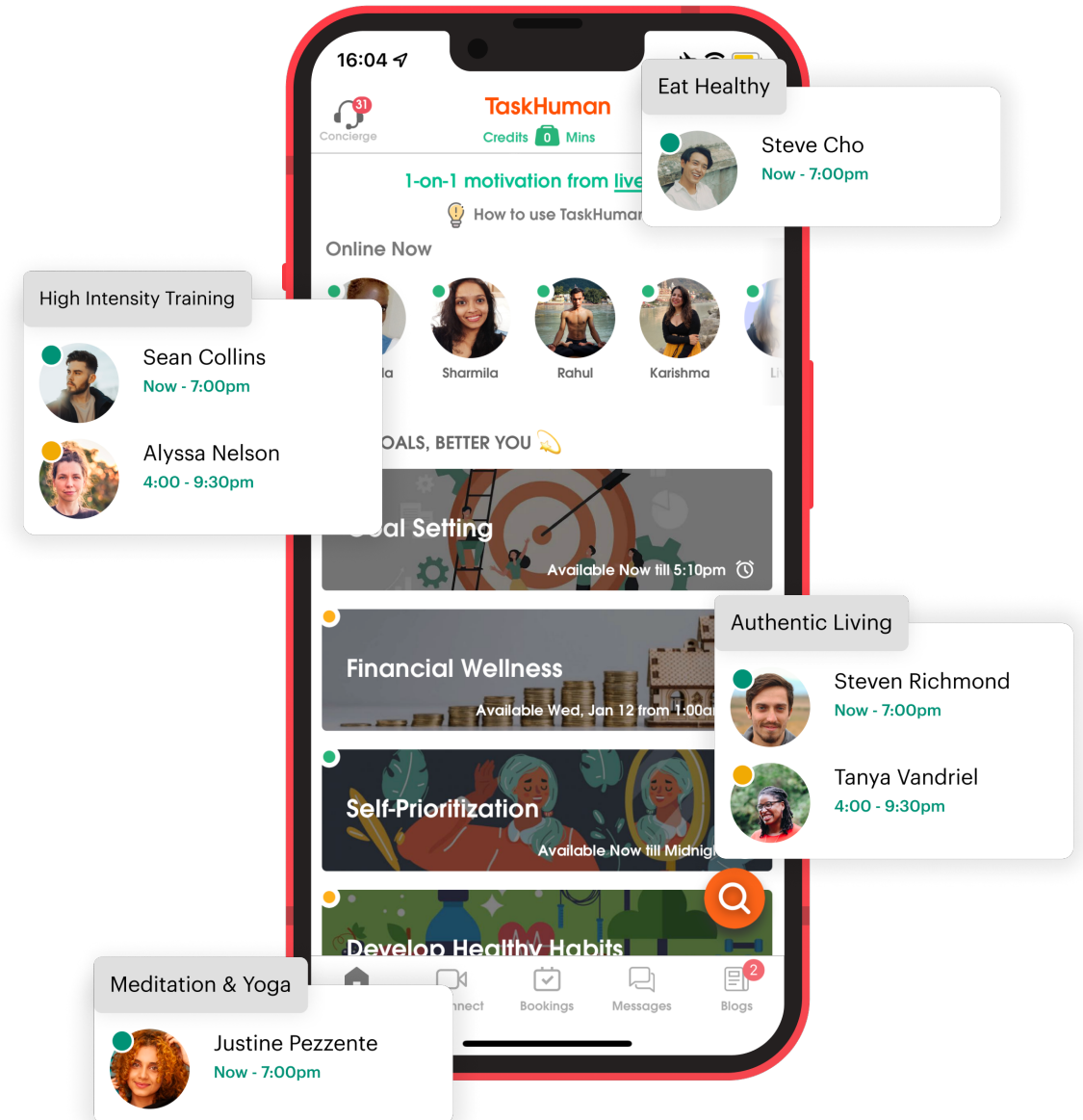


Amplify Your Employees' Daily Work and Personal Life

Through 1:1 Guidance Over Video Call

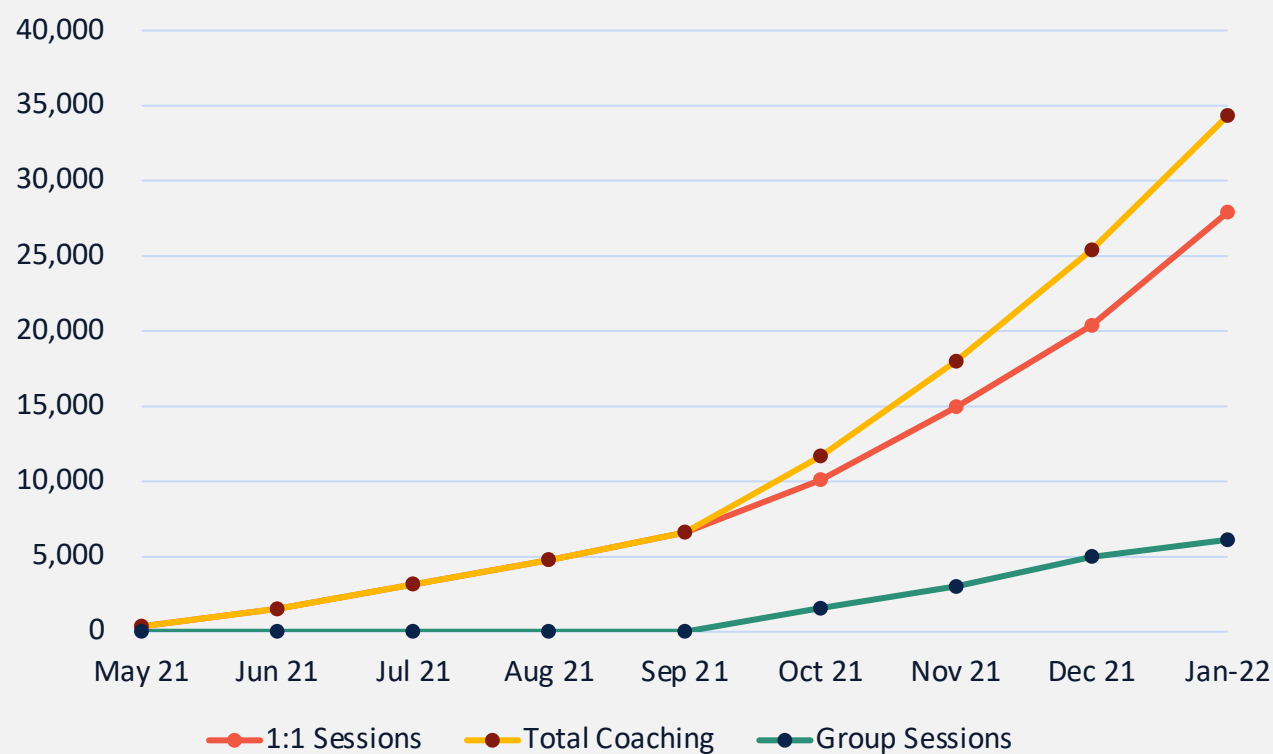
TaskHuman &

- Engagement Metrics
- Launch Date:
- Activity Report as of



Cumulative Engagement

Engagement Metrics



1,000

Total Employee Reach

62%

Reach Engaged

307

Total Time Spent on Blogs

4.9/5

Avg. Satisfaction Rating

714

1:1 Sessions

27,909

1:1 Session Minutes

14

Group Sessions

6,120

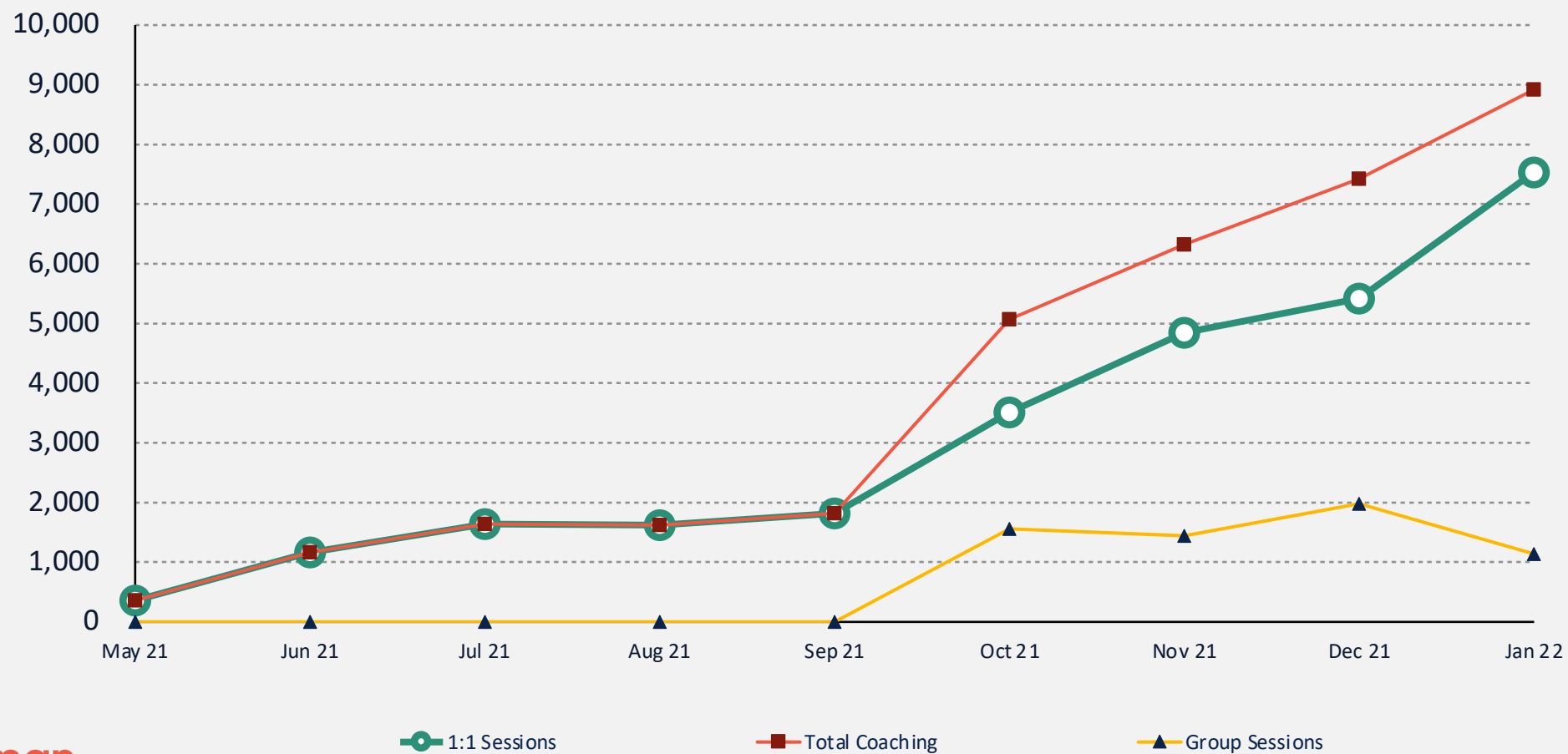
Minutes on Group Sessions

34,336

Total Minutes Spent on TaskHuman

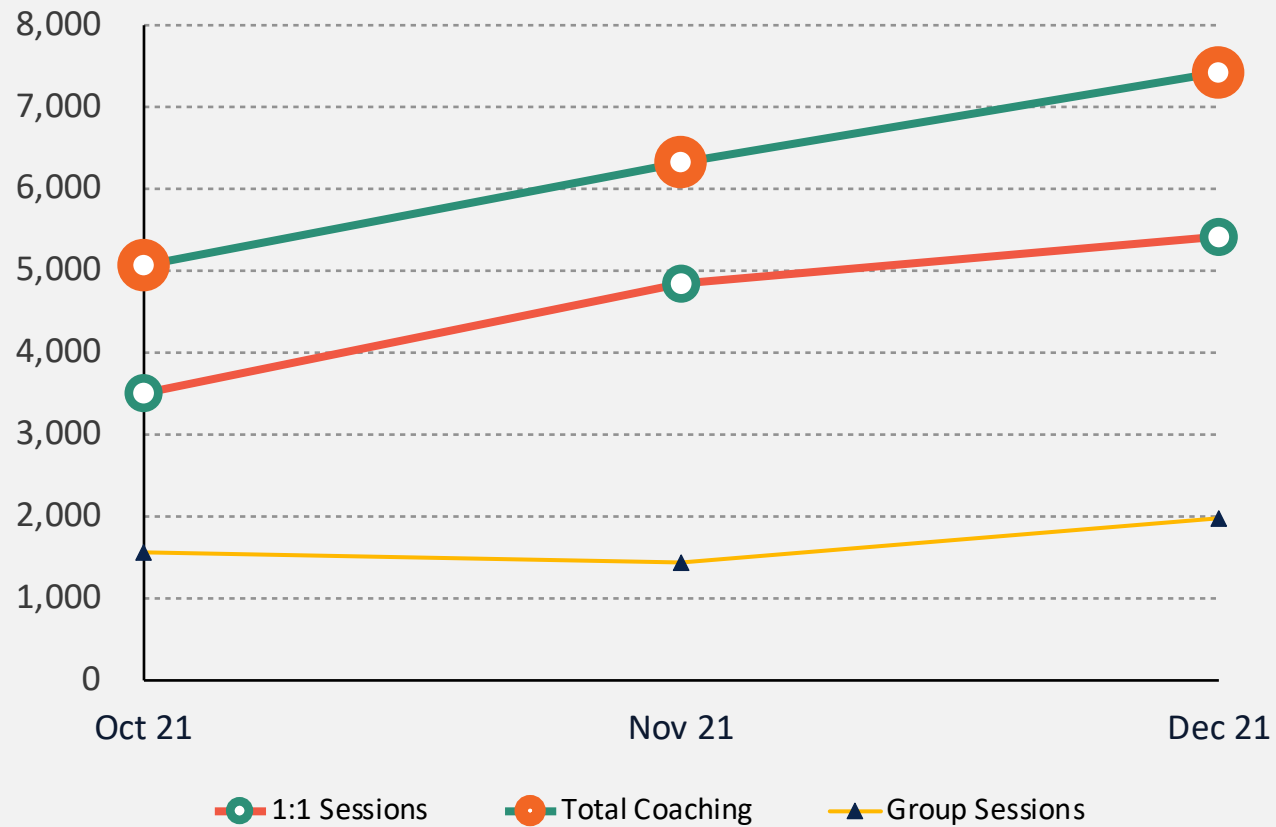
Monthly Engagement

Engagement Metrics



Q4 Engagement

Engagement Metrics



14%
Total Employees Engaged

18,814
Total Time Spent on TaskHuman

356
1:1 Sessions

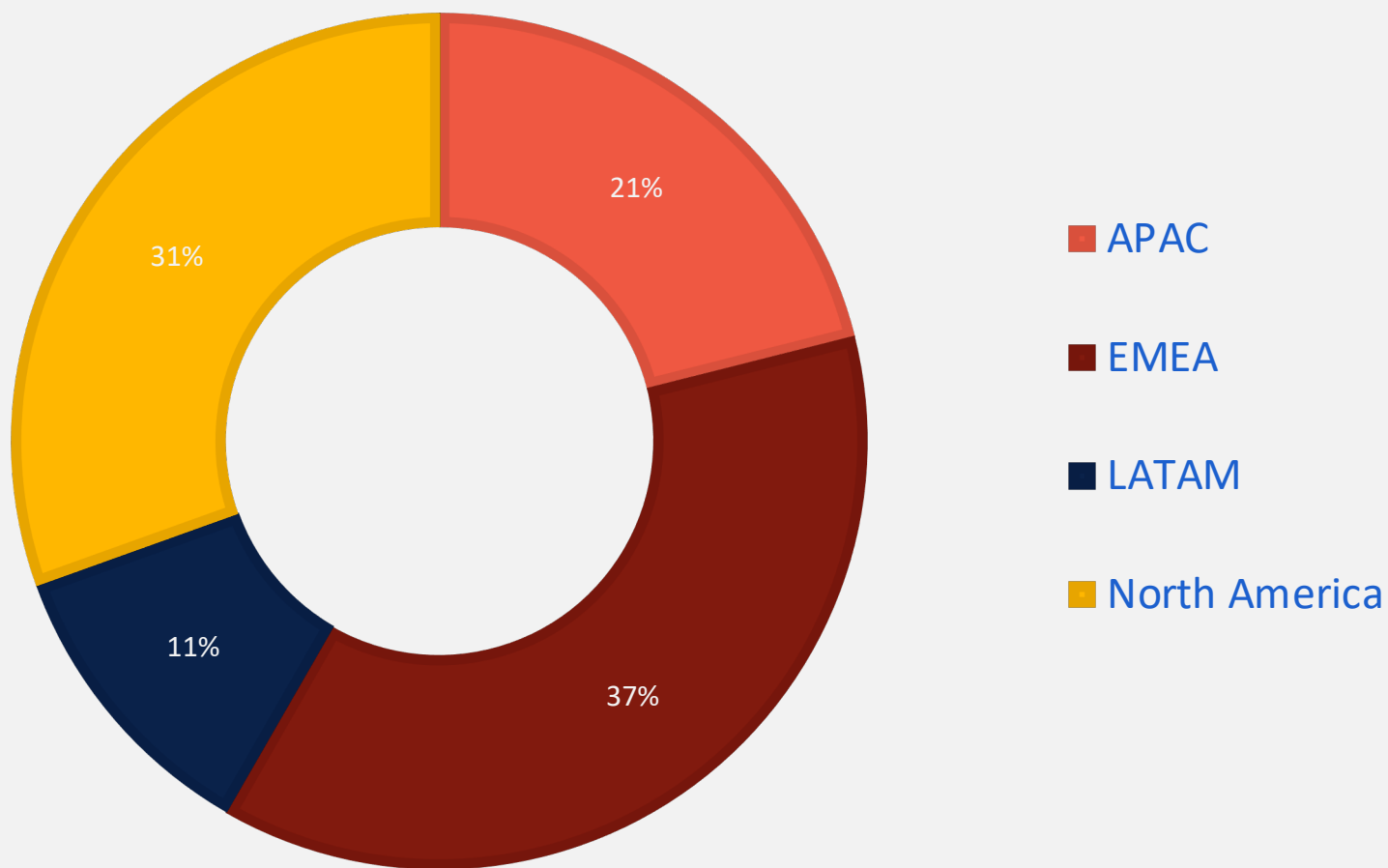
13,771
1:1 Session Minutes

10
Group Sessions

4,980
Minutes on Group Sessions

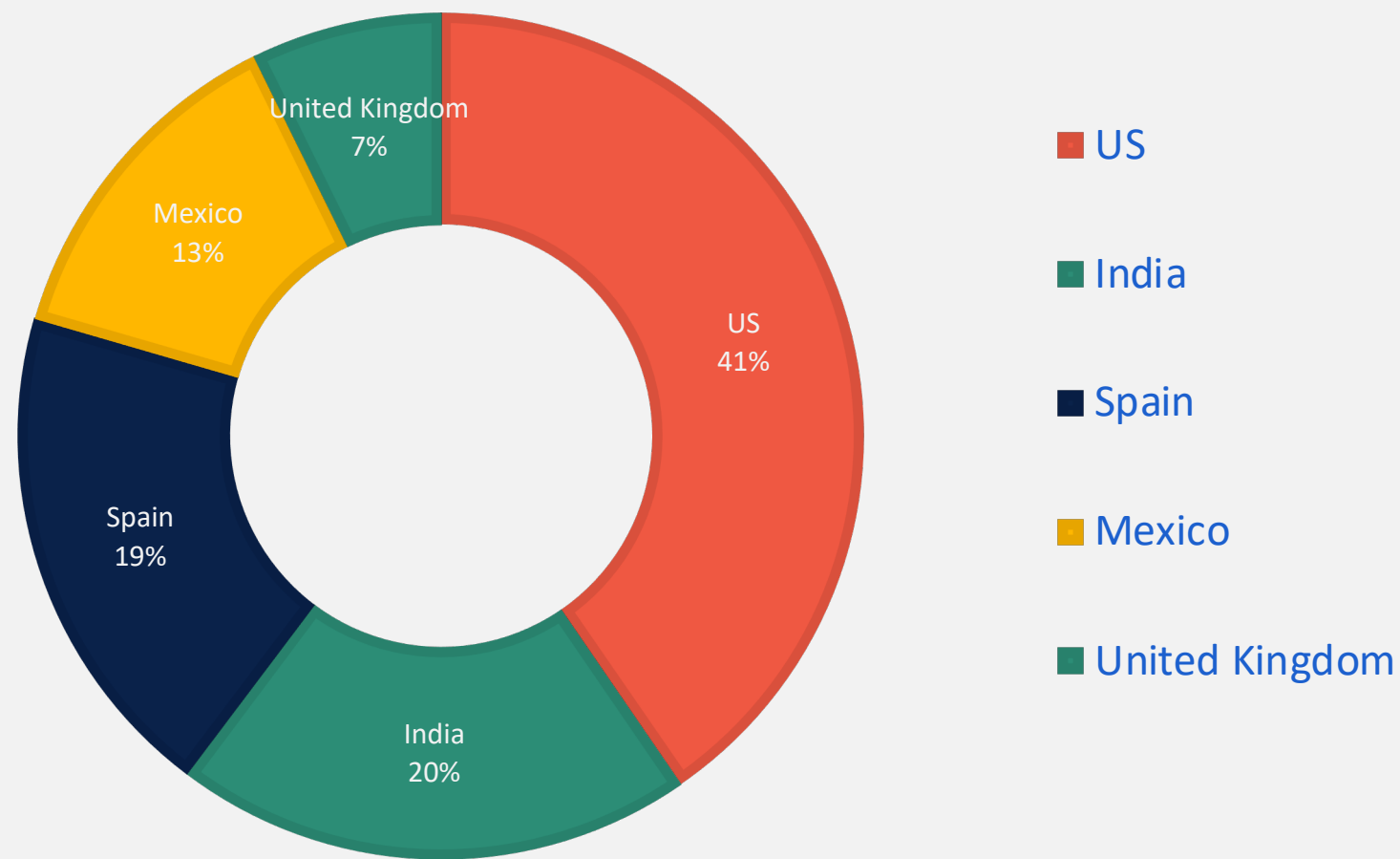
Regional Breakdown

Engagement Metrics



Top Countries Breakdown

Engagement Metrics



Popular Topics

78 Unique Topics



Physical

Top Topics: Pilates, Yoga, Foam Rolling



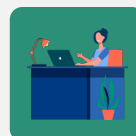
Workplace Culture

Top Topic: Teamwork



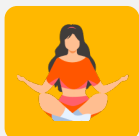
Mental & Emotional

Top Topics: Meditation, Emotional Resilience, Manage Stress



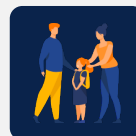
Professional Development

Top Topics: Career Guidance, Leadership
Group Sessions: Time Management, Recognition in the Workplace



Spiritual

Top Topics: Tai Chi, Spiritual Guidance



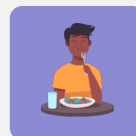
Home & Family

Top Topics: Pet Coaching, Travel to England



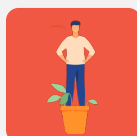
Financial

Top Topic: Financial Wellness



Clean Eating & Nutrition

Top Topics: Weight Loss, Intermittent Fasting, Indian Healthy Cooking



Personal Growth

Top Topics: Self-Awareness, Mindset Transformation, Oral English Training
Group Session: Gratitude

User Testimonials

Real Users Amplified



Reiki

Thanks so much for doing the grounding exercise with me. Although we only started the call 10 Mins later and only had 17 mins I felt you immediately worked on my energy. I will be back soon. 🙏



Emotional Resilience

Thanks a lot! Was a short call but it helped me to see what I can do when I feel anxious or lonely. Also thanks for the criteria list what I am looking for in a man and to be specific.



Emotional Resilience

Thanks again for talking to me! It really helped me to tell you how I have felt much more relaxed since 6 days!



Sadness

Thank you so much for your time and your insights and advice! It was really great taking to you and I feel you really understand me a lot and have great advice. I will be back 🙏✨



Emotional Resilience

Rekha immediately came with 3 great tools to help me with managing anxiety or anxious thoughts. I quickly felt more at ease about myself and my thoughts and she explained each tool very well with examples. I am so grateful that I could do this session with her. Thank you so much! I will be back soon. I highly recommend her to anyone.



Overcome Limiting Beliefs

Thanks so much for the talk. It was so helpful for me to talk to you and really process this situation. I could not have talked to a better person who also gives me so much advice. I hope to speak to you again soon. I believe I am on the right path to self improvement. Thank you 🙏



Myofascial Release

Thanks so much for taking to me again and giving me a free slot. Loved the figure 8 gratitude meditation. Feel reprogrammed and so much more at peace and let go of all the survival mode. Was nearly sleeping it was so relaxing. 🙏✨👍

User Testimonials

Real Users Amplified



Reiki

Thanks a lot again. Great doing the nervous system massage on the head and eyes. I will practise it on my own too.



Mat Pilates

Awesome intensity and picking up my Pilates pace with Regina feels great!!



Meditation

Natasa is very kind in her practice with me. I appreciated her especially today!



Meditation

I thoroughly enjoy my sessions with Natasa. Her ability to wake up my body and mind in my weekend a.m. sessions are just amazing.

Thank You

