

Companion Virgin Pulse Whil program suggestions, Week 1

Week 1 – watch Focus Your Attention, Mindfulness of breath (mindfulness), Get Started with Mindfulness and Train Attention with Breath (EQ)

Whil point breakdown

40 points per session 9 (this is double the usual points as a Monkey Mind bonus)

50 points if they complete an entire program

100 for completing 10 sessions in a month

200 points for completing 20 sessions in a month