

LifeSpeak Named to 2021 List of Best Workplaces in Canada

Leading Mental Health and Wellbeing Platform Provider Earns Top 5 Ranking

TORONTO (April 16, 2021) – [LifeSpeak Inc.](#), the mental health and wellbeing platform for organizations committed to taking care of their employees and customers, today announced that it ranked number five in its category on the Best Workplaces™ in Canada list. In addition, a significant number of large employers who offer LifeSpeak as a benefit to their teams were also recognized as Best Workplaces.

LifeSpeak was built to take care of people, and supporting employee wellness is at the heart of everything we do – not just for our rapidly growing list of clients around the globe, but also for our own team as well. This recognition is a powerful testament that we're succeeding as an employer and a provider of health technology," said Michael Held, CEO, and founder of LifeSpeak. "I'm truly honored that our employees voted us onto this list. The fact that many Canadian companies offering our mental health and wellbeing platform as a benefit to their employees were also honored as Best Workplaces speaks volumes about the value our exceptional team members deliver."

The LifeSpeak platform provides employers around the globe with a mental health and wellbeing resource for their employees, their customers, and their families. LifeSpeak's curated and proprietary content includes thousands of micro-learning videos, podcasts, tip sheets, and other assets from hundreds of the world's leading experts. Users can access this content at any time and through any device to get the support they need on a wide range of issues, including mental health, addiction, stress management, relationships, financial health, parenting, caregiving, leadership skills, and more.

Demand for LifeSpeak has surged over the past year, with usage of the platform increasing 33% and a record number of new clients and partners launching, while the company maintained a customer renewal rate of more than 97%.

The 2021 Best Workplaces™ in Canada list is compiled by the Great Place to Work® Institute. The competition process to be ranked on this list is employee driven, based on two criteria: two-thirds of the total score comes from confidential employee survey results and the remaining one-third from an in-depth review of the organization's culture. This offers a rigorous representation of the organization from an employee perspective, and an overall portrait of the workplace culture. Together, they provide crucial data relative to five trust-building dimensions: credibility, respect, fairness, pride, and camaraderie.

This year's list captured the experience and sentiment of over 82,000 employees, rolling out to impact over 300,000 Canadian employees. This list, and related stories, will appear in a Special National Report on Friday, April 16, 2021, in The Globe and Mail.

About Great Place to Work®

Great Place to Work® is the global authority on high-trust, high-performance workplace cultures. It is a global research and consulting firm with a mission to build a better society by helping companies transform their workplaces. Great Place to Work® provides the benchmarks, framework, and expertise needed to create, sustain, and recognize outstanding workplace cultures. In Canada, Great Place to Work® produces both industry and demographic specific Best Workplace™ lists. This is part of the world's largest annual workplace study, which culminates in a series of national lists in over 50 countries, including the study's flagship list of 100 Best Companies published annually in Fortune magazine.

Globally, this survey represents the voices of 11 million employees, which are the primary determinant used in selecting winners. There's only one way to get on this list – your employees have to put you on it.

Check out www.greatplacetowork.ca.

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About LifeSpeak Inc.

LifeSpeak is the premier mental health and wellbeing platform for organizations committed to taking care of their employees and customers. With two decades of experience creating and curating thousands of expert-led micro-learning videos and other digital content, LifeSpeak offers the largest breadth of proprietary resources to help companies around the world support their people anytime and anywhere. With a worldwide client base spanning all industries and sectors, LifeSpeak maintains a customer renewal rate of more than 97 percent. To learn more, follow LifeSpeak on LinkedIn <http://www.linkedin.com/company/lifespeak-inc.>, or visit www.LifeSpeak.com.

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