



Groov Anywhere People Manager Introduction

We've recently partnered with Groov - a workplace science platform that will support [Organisation] and our employees with [include Organisation Goals].

Groov is grounded in the 'Performance Care' framework: a human-centred, science-based leadership approach that enhances both individual and organisational outcomes to help organisations sustain peak performance. We recognise that in order for people to do their best work - they need to feel their best.

Groov Anywhere for Microsoft Teams helps you and your people feel and perform better at work by delivering personalised prompts and learning experiences throughout the day. All prompts are backed by science to support healthy habits, helping you to increase focus, energy, and motivation, as well as reduce stress and physical tension.

On [DATE] we will be rolling out Groov Anywhere, which will appear as an app in Microsoft Teams. Look out for notifications to 'Recharge' and 'Check-In'.

You'll also receive a daily summary of your team's check-in responses, helping you to support those who need it most. This includes resources from Groov to help with these conversations.