



**IRIS S.A.S. introduces**

# SERENITY

IMMERSIVE RELAXATION

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**Wellness solutions  
for wellbeing & stress  
management at work**

# #nostressatwork

## WORKING LIFE IS CHANGING... WHAT ABOUT YOU ?

Employees matters and companies' values are evolving and are focusing more and more on quality of the worklife and wellbeing as a key of the future of work.

Innovative technologies can be part of this new area by rethinking smartly the way of working & by offering effective responses.



## Why Serenity ?



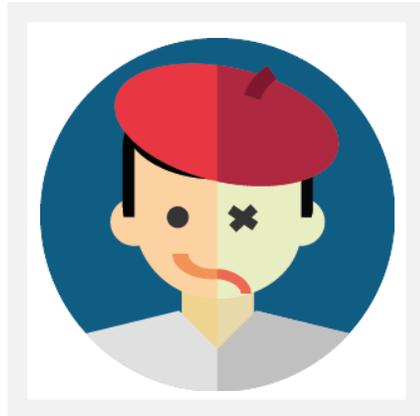
Our motivations? Place the human at the core of the working life, change old habits, use innovations to make individual wellbeing rime with performance!

# Stress at work : a change is unavoidable



## RESPONSABILITY

Only **35% of companies** in France are actively **fighting against stress**



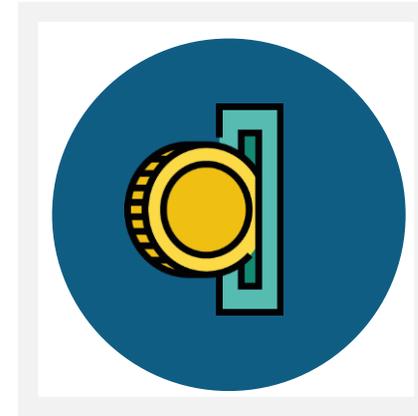
## ENEMY N°1

**50%** of the employees in France state that they are **suffering of stress** or **anxiety at work**



## RISKS

Stress affects mental & physical **health**, **relationships**, quality of work and **productivity**



## INDICATORS

Stress is the cause of 60% of lost work days, **50% of the sick leaves** and a high level of turnover



## HUMAN RESSOURCE

Wellness of your employees is a **strong leverage of economical performance**

**putting solutions in place is economically profitable : 1€ spent = 2,2 € profit**



# Immersive Relaxation

A singular solution created in France by IRIS with support of Dynamic Relaxation professionals

A combination of **well-proven relaxation techniques** and an **innovative application** of VR



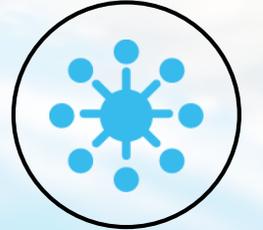
Virtual Reality is 'boosting' the relaxing effects to provide direct benefits

Efficient



Reliable and standalone to offer an autonomous service and ensure the quality of the experience

Autonomous



Well-adapted for industries to give a better access to mind wellness solutions

Universal



# Mind-Body Wellness

**+160 sessions** from 5 to 20 minutes to reach a state of wellbeing, to relax and to take a break



STRESS MANAGEMENT



IMPROVING SLEEP



PAIN MANAGEMENT



SELF-CONFIDENCE



POSITIVE CHANGE



POSITIVE SELF-IMAGE



BODY RELAXATION



INNER BALANCE



DETOXING



MEDITATION



## Your anti-stress break

With Serenity you can change the bad habits and offer a real wellness break to fight stress effects

# ACTION | PREVENTION



VISUAL  
IMMERSION



HARMONIC  
SOUNDS



BREATHING  
TECHNIQUES



GUIDED  
RELAXATION

**All the benefits of a  
relaxation session  
through an inner journey  
that takes you far away**



# Serenity Worklife kit

Serenity delivers high-end turnkey kits with both hardware & software components and services



Playful

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Immersive video  
& Virtual Reality



Quiet

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Autonomous and  
anonymous usage



Intuitive

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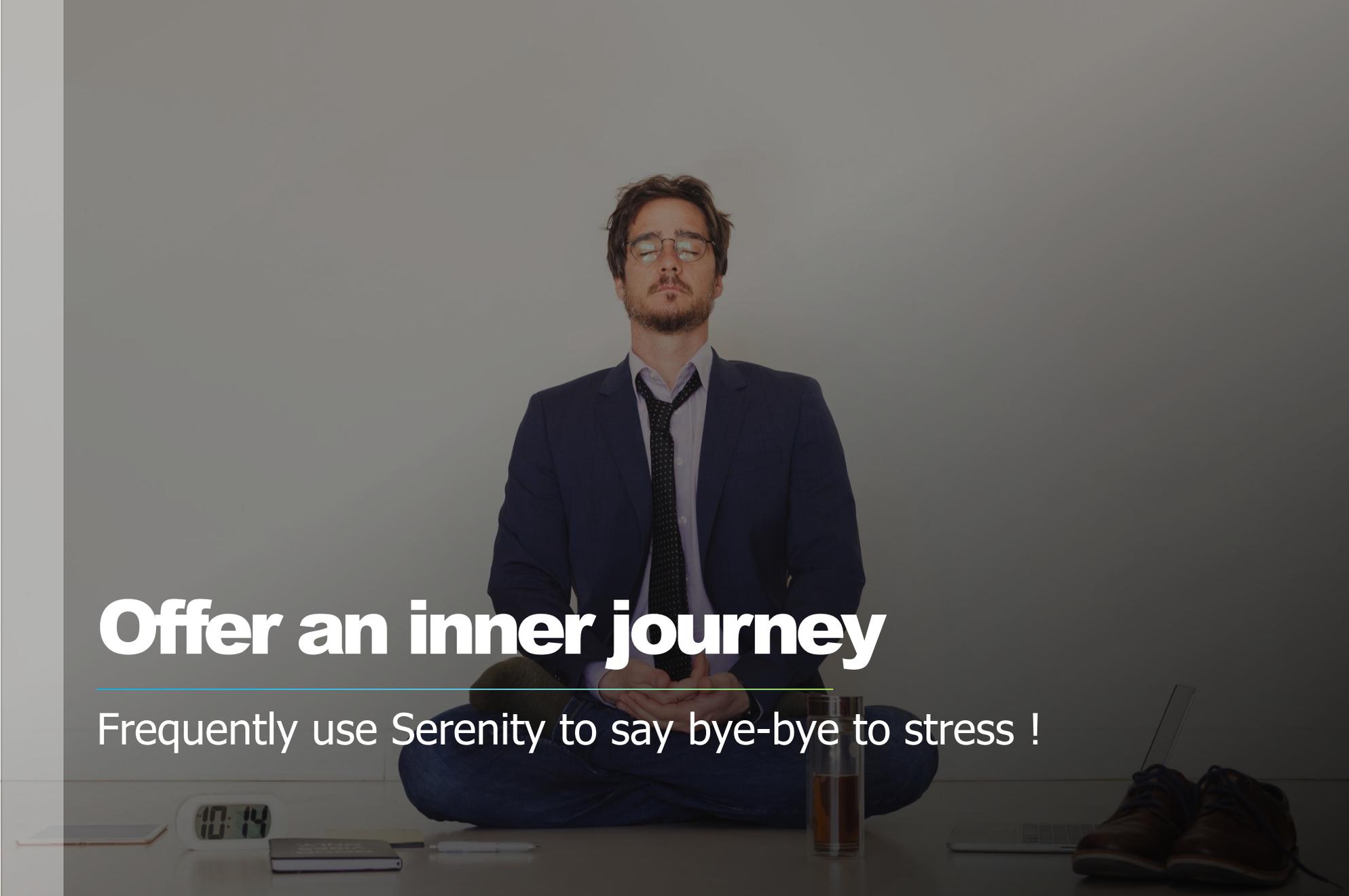
Dedicated application  
very easy to use



Flexible

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100% mobile to  
facilitate regular usage



# Offer an inner journey

Frequently use Serenity to say bye-bye to stress !





## Integration examples

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Serenity is 100% mobile to facilitate its integration into your company by adjusting to your facilities characteristics and needs



**Develop your relaxation area or improve your break rooms**



**Free-access at the reception or at the concierge service**



**Create a wellness corner for stress management**

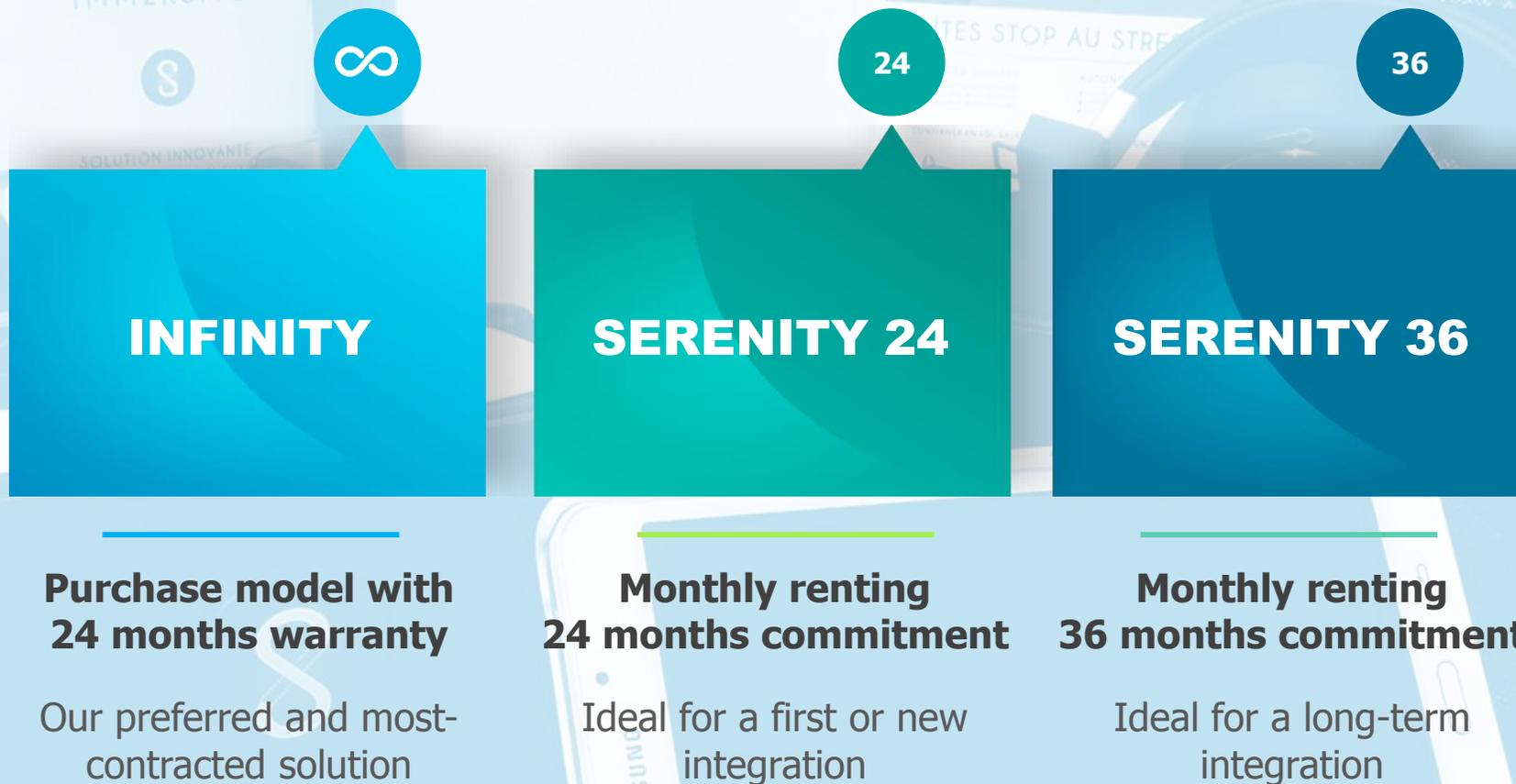


**Health and risks prevention services (sick rooms, etc.)**



**Schedule daily or weekly workshops for wellbeing**

# Business Models - Flexible and modular solutions



**Contact our sales team to learn more about Serenity and our commercial solutions**

# They already trust us



Serenity is a proud member of the Happytech



Lear more at

[www.happytech.life](http://www.happytech.life)



SERENITY  
by  
IRIS S.A.S.



# Contacts

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