

New mental health collaboration and wellbeing experiences support Hyatt stakeholders in pursuit of healthy, happy and fulfilled lives

CHICAGO (OCTOBER 8, 2024) – Wellbeing is at the core of Hyatt’s purpose, and to further extend care to colleagues, Hyatt is proud to announce a new collaboration with [Mind Share Partners](#), a nonprofit that is changing the culture of workplace mental health so colleagues and organizations can thrive. Rooted in empathy and global colleague insights and feedback, this collaboration focuses on deepening Hyatt’s commitment to wellbeing by building a greater understanding around mental health, proactively seeking support when needed, and contributing to a mentally healthy workplace.

“At Hyatt, our differentiated approach to wellbeing starts by actively listening to what truly matters to our colleagues and extends to each guest that steps into a Hyatt hotel around the world,” says Christy Sinnott, Senior Vice President of Talent Management, Hyatt. “We know wellbeing is deeply personal, which is why Hyatt strives to create a culture of wellbeing at work by offering an array of experiences, tools, and resources that care for both *who* you are and *how* you are. Our collaboration with Mind Share Partners is one more way we are supporting Hyatt hotels and offices to create a mentally healthy workplace for colleagues to thrive.”

To kick off this collaboration, Hyatt and Mind Share Partners conducted a series of focus groups and interviews with Hyatt leaders and colleagues globally to learn about the cultured nuances and stigmas around mental health. Guided by the expertise of Mind Share Partners, Hyatt is setting out to help broaden colleagues’ understanding of mental wellbeing, normalize experiences, eliminate stigma, and create a dialogue around the importance of mental health. A key component of this strategy will be grounded in storytelling, starting with Hyatt leaders who will share insights from their personal journeys.

Caring for Our Colleagues During World Mental Health Day and Beyond

In addition to the new collaboration with Mind Share Partners, throughout the week of October 7, Hyatt colleagues around the world will have access to complimentary virtual sessions with Mind Share Partners to gain a deeper understanding of mental health practices.

Further, Hyatt colleagues continue to enjoy wellbeing resources and programming that can provide holistic wellbeing support and inspire wellbeing practices both inside and outside of work, such as:

- **Headspace:** This industry-leading collaboration between Hyatt and Headspace, which began in 2019, provides global Hyatt colleagues access to a complimentary Headspace subscription, offering mindfulness practices to boost mental and emotional health through meditation, guided exercises and tools to improve sleep.
- **Exclusive access to wellbeing content that supports personal and professional growth:** Through its many wellbeing collaborations, Hyatt colleagues can access a variety of tools that promote mindfulness practices and support the ongoing pursuit of self-growth, including discounted access to MasterClass content, a selection of guided meditations by Healthy Minds Innovations, and access to a mental wellbeing assessment tool, Hyatt Well-Check.
- **Annual Wellbeing Observances:** Exclusive tools, programming and spaces to connect and inspire colleagues’ wellbeing practices with dedicated wellbeing observance throughout the year, including Global Wellbeing Week and Global Day of Gratitude – two Hyatt traditions created by and for colleagues – as well as World Mental Health Day.

“With World Mental Health Day approaching, we’re reminded of the vital importance of mental and emotional wellbeing in our daily lives,” said TJ Abrams, Vice President of Wellbeing, Hyatt. “As a hospitality company uniquely focused on care, wellbeing is engrained in our DNA and the ultimate expression of our purpose – *we care for people so they can be their best*. We are deeply committed to working with industry-leading brands and experts to provide thoughtful and impactful resources to help all of those we care for – guests, World of Hyatt members, customers and colleagues – so they may prioritize their personal wellbeing journeys.”

Turning trips into journeys, encounters into experiences and jobs into careers – learn more about the Hyatt family by visiting careers.hyatt.com.

Supporting Guest, Member and Customer Wellbeing Journeys

With care at the forefront, Hyatt ensures every guest, member and customer touchpoint is crafted with meaning and intent to support all facets of their wellbeing, before, during and after their stays at Hyatt hotels.

- **Complimentary Miraval Class:** In honor of World Mental Health Day, Hyatt is offering a complimentary meditation class with [Miraval Arizona](#)’s Richard Noel to support the mental health of Hyatt’s global community. Tune in on Hyatt’s social channels at 9 a.m. CT on October 10 to experience one of the most sought-after mindfulness activities at Miraval, Hyatt’s luxury and award-winning wellness resort and spa brand.
- **World of Hyatt and Headspace:** Hyatt guests and [World of Hyatt members](#) can access complimentary meditation and mindfulness content on the World of Hyatt app or via in-room televisions to enhance mental wellbeing on and off the road.

Guests and members can also experience Headspace's premium colored noise content in-app and in-room with a sampling of relaxing sounds to help drift off, relax or focus. For additional mindfulness content, members receive a complimentary one-month trial subscription to Headspace premium. The 30-day free trial subscription is subject to Headspace [Terms & Conditions](#), auto-renews at \$12.99/ month after the first month and may be canceled at anytime.

- **Peloton:** Earlier this year, World of Hyatt announced its plan to become the first global hospitality loyalty program to reward members for doing Peloton workouts and prioritizing wellbeing while traveling at participating Hyatt hotels. World of Hyatt and Peloton Members will be able to link their accounts to earn World of Hyatt points when using Peloton equipment at select Hyatt properties globally soon.
- **Masterclass:** Hyatt guests and World of Hyatt members can access complimentary MasterClass classes in-room across various topics such as business and critical thinking, writing, content creation and cooking to support their growth and emotional wellbeing at nearly 400 properties globally. Beyond the hotel stay, World of Hyatt members can enjoy up to 30% off the first year of an annual MasterClass subscription.
- **World of Hyatt FIND Experiences:** Whether its discovering local cultures that feed into emotional and mental wellbeing, enjoying culinary experiences that power the body or restoring energy through mindful movements, World of Hyatt members can explore 600+ global [FIND experiences](#) on-and off-property that meet guests where they are in their wellbeing journeys.
- **Wellbeing Collective for Meetings and Events** Offering a renewed approach to customer wellbeing, Hyatt's Wellbeing Collective encompasses more than 50 global properties providing thoughtfully crafted wellbeing experiences that group customers can book to support their personal wellbeing journeys. Additionally, as a part of the Together by Hyatt philosophy, which guides the way hotels create experiences and deliver more connected meetings and events, Hyatt has captured seven key principles of holistic and mindful gatherings in a Mindful Meetings Guide which aims to make meetings more intentional, infuse wellbeing practices in simple yet effective ways, and create an environment that leaves attendees energized and rejuvenated.

For information on Hyatt's mental health offerings and holistic approach to wellbeing, visit wellbeing.hyatt.com

The term "Hyatt" is used in this release for convenience to refer to Hyatt Hotels Corporation and/or one or more of its affiliates.

About Hyatt Hotels Corporation

Hyatt Hotels Corporation, headquartered in Chicago, is a leading global hospitality company guided by its purpose – to care for people so they can be their best. As of June 30, 2024, the Company's portfolio included more than 1,350 hotels and all-inclusive properties in 78 countries across six continents. The Company's offering includes brands in the *Timeless Collection*, including **Park Hyatt®**, **Grand Hyatt®**, **Hyatt Regency®**, **Hyatt®**, **Hyatt Vacation Club®**, **Hyatt Place®**, **Hyatt House®**, **Hyatt Studios**, and **UrCove**; the *Boundless Collection*, including **Miraval®**, **Alila®**, **Andaz®**, **Thompson Hotels®**, **Dream® Hotels**, **Hyatt Centric®**, and **Caption by Hyatt®**; the *Independent Collection*, including **The Unbound Collection by Hyatt®**, **Destination by Hyatt®**, and **JdV by Hyatt®**; and the *Inclusive Collection*, including **Impression by Secrets**, **Hyatt Ziva®**, **Hyatt Zilara®**, **Zoëtry® Wellness & Spa Resorts**, **Secrets® Resorts & Spas**, **Breathless Resorts & Spas®**, **Dreams® Resorts & Spas**, **Hyatt Vivid Hotels & Resorts**, **Alua Hotels & Resorts®**, and **Sunscape® Resorts & Spas**. Subsidiaries of the Company operate the World of Hyatt® loyalty program, ALG Vacations®, Mr & Mrs Smith™, Unlimited Vacation Club®, Amstar DMC destination management services, and Trisept Solutions® technology services. For more information, please visit www.hyatt.com.

About World of Hyatt

World of Hyatt is Hyatt's award-winning guest loyalty program uniting participating locations in Hyatt's *Timeless Collection*, including in the **Park Hyatt®**, **Grand Hyatt®**, **Hyatt Regency®**, **Hyatt®**, **Hyatt Vacation Club®**, **Hyatt Place®**, **Hyatt House®**, and **UrCove** brands; *Boundless Collection*, including in the **Miraval®**, **Alila®**, **Andaz®**, **Thompson Hotels®**, **Dream® Hotels**, **Hyatt Centric®**, and **Caption by Hyatt®** brands; *Independent Collection*, including in **The Unbound Collection by Hyatt®**, **Destination by Hyatt®**, and **JdV by Hyatt®** brands; and Hyatt's *Inclusive Collection*, including in the **Impression by Secrets**, **Hyatt Ziva®**, **Hyatt Zilara®**, **Zoëtry® Wellness & Spa Resorts**, **Secrets® Resorts & Spas**, **Breathless Resorts & Spas®**, **Dreams® Resorts & Spas**, **Hyatt Vivid Hotels & Resorts**, **Alua Hotels & Resorts®**, and **Sunscape® Resorts & Spas** brands. Members who book directly through Hyatt channels can enjoy personalized care and access to distinct benefits including Guest of Honor, confirmed suite upgrades at time of booking, diverse wellbeing offerings, digital key, and exclusive member rates. With more than 40 million members, World of Hyatt offers a variety of ways to earn and redeem points for hotel stays, dining and spa services, wellbeing focused experiences through the [FIND platform](#); as well as the benefits of Hyatt's strategic loyalty collaboration with **American Airlines AAdvantage®**. Travelers can enroll for free at hyatt.com, download the World of Hyatt app for [android](#) and [IOS](#) devices and connect with World of Hyatt on [Facebook](#), [Instagram](#), [TikTok](#) and [Twitter](#).

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