We see that focus is important, prioritization is important, and giving yourself personal time back is absolutely critical. And what’s fantastic is you can give these recommendations, give this guidance, and our leaders really believe in this and take on this challenge. Taking the insights, turning it into action becomes really easy.”

Nicky Clement
VP HR and People Analytics, Unilever

Viva Insights helps people and organizations work smarter and achieve balance with data-driven, privacy-protected insights and actionable recommendations to improve productivity and wellbeing.

Personal insights help people build better work habits. Actionable recommendations, such as protecting time in the day for focused work, taking regular breaks, and tapping into dedicated moments of mindfulness, make it easier to prioritize wellbeing and boost productivity.

Manager insights* provide much-needed visibility into work patterns that can lead to burnout and stress on their teams — such as regular after-hours work, meeting overload, or too little focus time — so that they can help their teams strike a balance between productivity and wellbeing. Built-in safeguards protect personal privacy.

*Microsoft Workplace Analytics purchase required

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Organizational insights for business leaders* offer a window into what’s happening in their business with visibility into how work patterns affect wellbeing, productivity, and results. Aggregated and de-identified organizational insights and best practices help leaders take steps to boost wellbeing and engagement and create a culture where teams across the organization are empowered to do their best work.

Privacy by design
Viva Insights is built on the Microsoft 365 infrastructure and supports compliance with General Data Protection Regulation (GDPR) requirements.

Private personal insights
Only you can view personal data and insights based on work patterns in your emails, meetings, calls, and chats. Viva Insights is designed to protect your privacy.

Manager and leader insights
Built-in safeguards like de-identification, aggregation, and differential privacy protect individual privacy.

Learn more at aka.ms/VivaInsights
Viva Insights is part of the Microsoft Viva employee experience platform that brings together communications, insights, knowledge, and learning within the flow of everyday work.

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