

Hi **[Insert First Name]**,

Lyra Breakthrough is coming up in Lake Tahoe, CA on May 13-14 and I'm requesting to attend. Breakthrough is the premier workforce mental health conference, hosted by Lyra Health. This is a two-day, in-person event where I can connect with top business and HR leaders to learn best practices in promoting workforce mental well-being. I've outlined a business case for your review, with the hope that you will approve the below cost.

- A survey of 250 HR and benefits leaders and 3,400 employees revealed escalating mental health needs: 65% of employees reported that their mental health has diminished their capacity to work over the past year. Our employees need support to thrive, and research shows making mental health a priority can have a meaningful, measurable impact on our business in terms of better productivity and retention and lower health care costs. This conference is dedicated to the latest research, trends, and innovations for us to meet and build capacity for this growing need.
- Lyra Breakthrough gives us an opportunity to connect with global HR and benefits leaders to learn from their experiences and gain a better understanding of how leading companies worldwide are caring for their people, transforming company culture, and responding to crises. This will help us stay ahead of industry trends and lead the future of work.
- We'll learn about evidence-based mental health interventions and get actionable insights through hands-on activities and workshops with Lyra's suite of global workforce mental health solutions. These are solutions we can bring back right away to **[insert company name]** to reduce burnout, turnover, and health plan spending.

Here is an estimated budget breakdown based on this ask:

- Registration: Free to attend
- Airfare (roundtrip): \$____
- Transportation: \$____
- Hotel: \$340/night
- Meals - breakfast, lunch, dinner and snacks included daily: \$0
- **Total: \$____**

Thank you in advance for your consideration,
[insert full name]