

Notice and Access

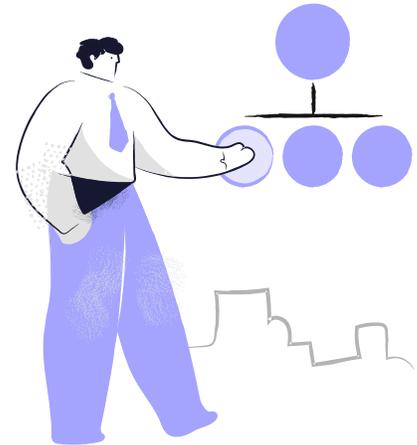
Notice of 2022 annual meeting of common shareholders and Notice of availability of meeting materials

This year, as permitted by the Canadian Securities Administrators, we continue to use “Notice and Access” to deliver our Management Information Circular (“Circular”) to our Shareholders for our annual meeting (“Meeting”).

This means that instead of receiving a paper copy of the Circular, you are receiving this notice, which provides information on how to access the Circular online. You will also find below information on how to request paper copies of the Circular if you prefer.

Notice and Access allows us to reduce our printing and mailing costs and is consistent with our sustainability strategy.

You will find enclosed with this notice a proxy or voting instruction form, enabling you to vote at our annual meeting.



We encourage you to read the circular before exercising your vote.

Shareholders are invited to attend our annual meeting:

When: Tuesday, May 3, 2022 10:30 a.m. (ET)

Where: Virtual meeting conducted via live audio webcast. Shareholders can access the meeting by visiting www.virtualshareholdermeeting.com/LifeWorks2022

Business of the Meeting	For further information, please see:
1. To receive the consolidated financial statements for the financial period that ended December 31, 2021, together with the report of the auditors thereon	Page 13 of the Circular and the 2021 Annual Report
2. To elect the Directors	Page 13 of the Circular
3. To appoint the auditors and authorize the Directors to fix their remuneration	Page 13 of the Circular
4. To vote on an advisory resolution to accept the approach to executive compensation as disclosed in the Circular	Page 13 of the Circular
5. To transact such other business as may properly come before the Meeting	Page 13 of the Circular

Annual meeting materials, including the circular, can be found online on:

SEDAR at: [sedar.com](https://www.sedar.com)

Our Company's website at:

<https://lifeworks.com/en/investor-relations>

Voting

Registered and beneficial Shareholders are asked to return their completed proxies or voting instruction forms to Broadridge Investor Communications Corporation, or exercise their vote by the voting deadline, April 29, 2022 at 5:00 p.m. (ET). Please refer to your proxy or voting instruction form for detailed instructions on how to vote.



Internet:

www.proxyvote.com



Telephone:

1-800-474-7493 (English) or

1-800-474-7501 (French)



Mail:

Broadridge Investor Communications Corporation
Data Processing Centre, P.O. Box 3700,
Stn. Industrial Park, Markham, ON, L3R 9Z9



Requesting a paper copy of the circular

Upon request received at any time prior to or up to one year following the date of filing of the Circular, we will send you a paper copy of the Circular at no cost to you.

If you request it before the date of the Meeting, the Circular will be sent to you within three business days of receiving your request. To receive the Circular before the voting deadline and the date of the Meeting, we estimate that your request must be received no later than 5:00 p.m. (Eastern Time) on April 18, 2022. Please note that you will not receive another form of proxy or voting instruction form, so in order to exercise your voting rights please keep the one you received with this notice. If you request it on the date of the Meeting or in the year following the filing of the Circular, it will be sent to you within 10 calendar days of receiving your request.

The request can be made online at www.proxyvote.com by entering the 16-digit control number located on your proxy or voting instruction form and following the instructions provided. Alternatively, you may submit a request by calling 1-877-907-7643 (toll-free within North America), 303-562-9305 (outside of North America), or 303-562-9306 (for French support), or by email to noticeandaccess@broadridge.com.

If a Shareholder has questions about Notice and Access or wishes to request a paper copy of this Circular after the Meeting at no charge, call Broadridge toll-free within North America at 1-844-916-0609 (English) or 1-844-973-0593 (French); outside North America at 303-562-9305 (English) or 303-562-9306 (French).