

# Features at a glance

 <p><b>Human Support</b></p>	<b>Scheduled Coaching *</b>	Initial session with a personal coach to identify needs and set goals	✓
		Co-created anticipatory strategies, tailored to enable success	✓
		Regular and ongoing user led reviews and check-ins	✓
	<b>In the moment support 24/7 *</b>	Phone, live text or email support based on users' preference	✓
		Responders can access users' individual strategies to tailor support	✓
	<b>Quality Assurance</b>	Coaches with professional qualifications, experience and regular CPD	✓
		All support is quality assured with regular training and audits	✓
 <p><b>Digital Support</b></p>	<b>Planning and organisation</b>	Diary, to-do lists, prompts and reminders to add structure	✓
		Calendar integration or pre-planning of upcoming events	✓
	<b>Motivation</b>	Mood tags to aid identification/recognition of emotions and triggers	✓
		Timeline view tracking interactions for self-reflection and adjustment	✓
		Anticipatory strategies to combat low motivation	✓
	<b>Anxiety and overwhelm</b>	Strategies for unanticipated events or when plans go awry	✓
		Solution packs curated from top strategies created by users	✓

\* For the entire duration of the Brain in Hand user's license