

A quick 3 step guide for solution matching.

Easily match individual needs to Brain in Hand features and how it will support them in the workplace. It also includes example justifications, allowing you to customise them for Needs Assessment reports with [and/or] scenarios.



1. Motivation

Task initiation/completion



Individualised coaching for goal setting, breaking down difficulties, and developing solutions to challenges



Ongoing, regular coaching tracks progress and sets new goals

Workload overwhelm



Prompts, reminders, structured routines that help maintain positive habits



Built-in tools for reflection and mood monitoring

Perfectionism

Due to [insert name] difficulties with motivation, such as task initiation [and/or] task completion [and/or] workload overwhelm [and/or] perfectionism Brain in Hand is recommended.

Working with a personal coach from Brain in Hand, the person can create anticipatory strategies in their app to help reduce procrastination [and/or] work avoidance [and/or] increase motivation. These strategies can empower the person to overcome barriers, allowing them to concentrate on delivering, fulfilling, and advancing through work tasks [and/or] reduce the need to take time away from work due to anxiety, overwhelm or lack of motivation.

Additionally, these measures aim to cultivate the person's independence over time.

Solution-focused coaching can complement other workplace coaching services already provided to the individual.



2. Anxiety and overwhelm

Unexpected change



Solution-focused coaching to help plan and prepare for change, unexpected events or everyday challenges



A library of practical, ready-made solutions created from thousands of solutions from other users

Relationship management



Solutions for unplanned activities or unexpected events provide tools to manage overwhelm



In-the-moment human support, provided by a skilled responder, is available to connect with the person in times of need

Social interaction

Due to [insert name] difficulties with anxiety and overwhelm caused from unexpected change [and/or] relationship management [and/or] social interactions [and/or] sensory overload [and/or] workload overwhelm Brain in Hand is recommended.

Solutions for unplanned activities [and/or] unexpected events [and/or] extreme deadlines will give the person individualised tools to manage overwhelm and feel more in control.

Personalised and structured routines, together with prompts and reminders, can assist the individual in establishing and maintaining positive work habits.

Brain in Hand can remind the person to check in with themselves and capture their moods. This will help them if they are having difficulty identifying, understanding and managing emotions [and/or] recognise or anticipate if things may go off track.

At any point, an individual can access their personal library of coping strategies. If things become too overwhelming, the person can access in-the-moment human support provided by a skilled responder.

Solution-focused coaching can complement other workplace coaching services already provided to the individual.

**Saving time and
improving outcomes.**



3. Organisation and memory

Planning

Focus

Time management

Breaking down tasks



Prompts, reminders, and structured routines to help establish and maintain positive work habits



App interactions are logged and can be reviewed independently or with the support of a personal coach or other supporters



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Built-in tools for reflection and mood monitoring

[insert name] has difficulties with remembering things [and/or] planning [and/or] time management [and/or] setting, breaking down and completing tasks [and/or] focus [and/or] asking for help therefore Brain in Hand is recommended for [insert name].

It has a built in calendar and reminders that will support the individual to plan and organise their time into manageable tasks. The to-do lists and prompts will help them to stay focused. Project plans, deadlines, independent work time and meetings can all be added to the diary to ensure the person stays on track. The app can be tailored with strategies and tools to help with individual tasks and events.

The timeline feature records all app interactions and can enable the individual to review their successes and challenges, with their personal Brain in Hand coach.

Solution-focused coaching can complement other workplace coaching services already provided to the individual.



brain in hand

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