



Features at a glance

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

*Launching soon