

EMOTIONAL WELL-BEING FOR ALL

Wellness Way 4 U



OUR VISION

To take emotional well-being mainstream, by building an ecosystem based on the foundation of choice architecture, behavioural change framework, and positive reinforcements & nudges.



- A tech-based emotion response platform -- an EMOTIONAL GYM
- Check-in tool, refreshing perspectives, curated content, network of activities, and actionable framework, to help people in their emotional well-being journey.
- Comfortable space with health & wellness experts and practitioners for consultation, customised content and services.



WW4U is the platform to help people on their emotional wellbeing journey by helping them -

EXPRESS their thoughts, feelings, and emotions

REFRAME their perspective with positive nudges

CHOOSE their responses

CONNECT with their practitioners in real-time





THE TOOLS



Inner GPS



*Design My
Life*



*My Online
Guidance
Hub*



INNER GPS

What is it? - A response mechanism framework -- to navigate thoughts/ feelings/ emotions/ situations in a healthy way.

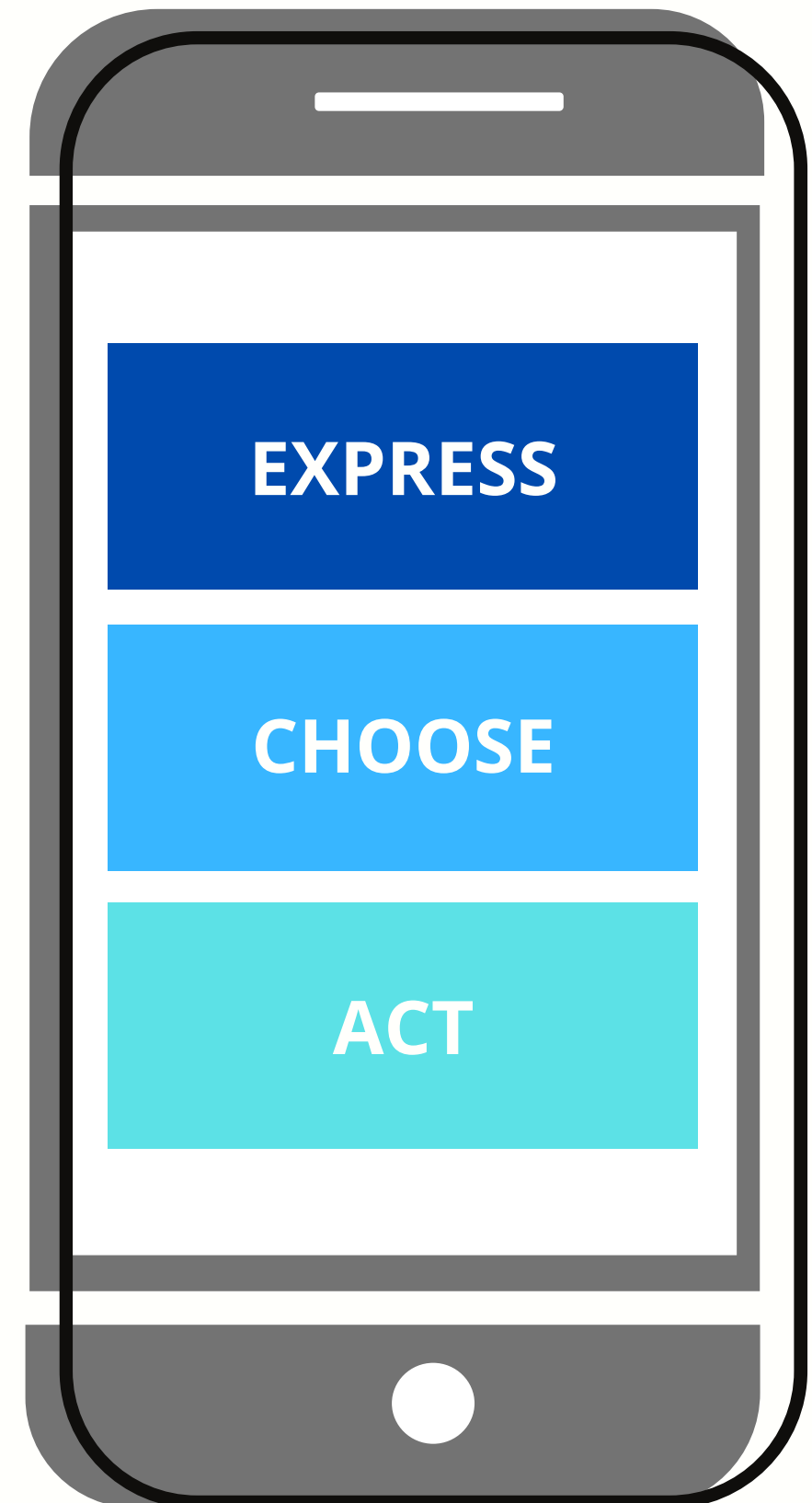
How does it work?

Step 1: EXPRESS - The user inputs their thoughts/ feelings/ emotions and identifies the cause(s).

Step 2: CHOOSE - The tool presents the user with tailored possibilities, and perspectives, activities, curated content relevant to the context that they can select/ engage with to reframe their thoughts and responses. More about this on the next slide. (The Nudge Board).

Step 3: ACT - For the chosen action items, plan the next steps (DESIGN MY LIFE), set (achievable) goals, put the event on the calendar, collaborate with friends/ family, connect with their practitioner (ONLINE GUIDANCE HUB).

A reliable framework for people to manage their thoughts/ emotions/ feelings through space for reflection, curated content, and services from experts.



THE NUDGE BOARD

One-stop space for curated content and recommendations related to your emotion.

- We curate relevant content & doables across a spectrum of categories that appear as summarised blocks.

Humour	Actionable articles	Activities & Events
Stories & Quotes	Personal Experiences	Workouts & Yoga
Tools & enablers	Wisdom from digital social space	... and much more

This space is designed to give users the nudge they need to feel in control, more balanced, inspired, refreshed, and navigate their emotions with ease.

What is in it for users?

- Get contextual content when they need it the most.
- Mark favourites and build their own nudge library by topic.
- Take action.

DESIGN MY LIFE

What is it? - A DIY (Do-it-yourself) framework to make change possible with the right resources, prompts, and guidance.

How does it work:

Step 1: VISUALISE - The user will input the goal/ change aspect they want to work on. This could also be one of plan of actions from Inner GPS.

Step 2: PLAN - The tool presents the user with prompts and resources relevant to their goal. The user can then include goal markers -- place, time, duration, deadline, support group, and more.

Step 3: TRACK- Track progress, stay inspired on the journey with our resources, and collaborate with your practitioner.

A DIY change enabler that combines vision, action, and inspiration to drive positive change.



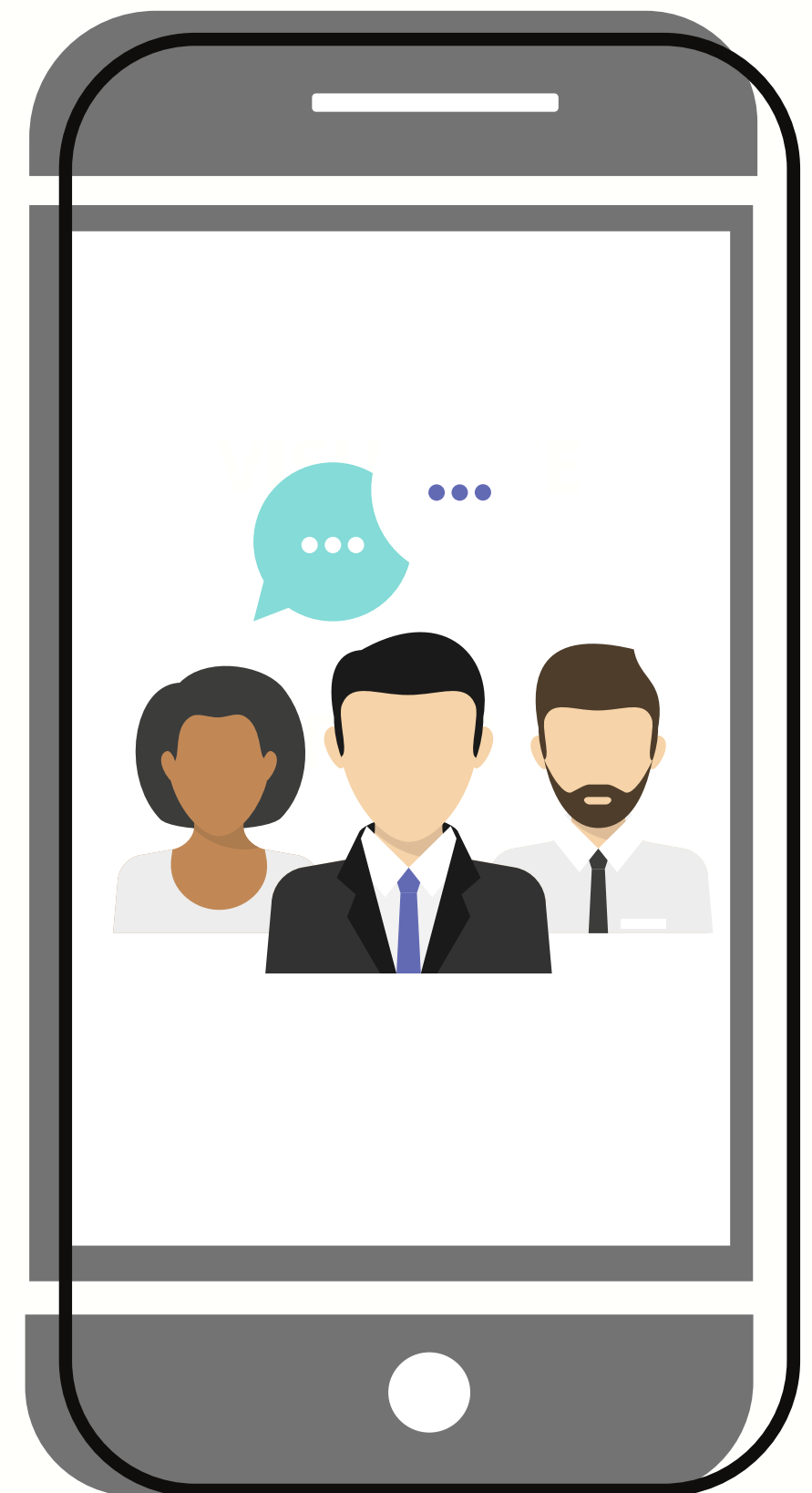
ONLINE GUIDANCE HUB

What is it? - A platform for live user-practitioner interaction. A channel for practitioners to actively support users on their well-being journey.

How does it work:

- Users can activate their panel of advisors by inviting them to the platform.
- A tech-enabled way for users to EXPRESS in the moment and for practitioners to ADVISE.
- User can share their change goals (from DESIGN MY LIFE) with their adviser and collaborate to achieve them. A collaboration channel to stay connected, achieve wellbeing goals, track progress, and have enhanced interactions.
- Start conversation threads based on specific topics/ issues/ challenges, or initiate a follow up interaction based on any previous event/ webinar by the practitioner.

A one-stop interaction platform to drive focused, real-time interaction between practitioners and users.





Let's connect

WE WANT TO HEAR FROM YOU!

Email

support@wellnessway4u.com

Website

www.wellnessway4u.com

Phone number

91-8655018341