#### **Unit 2 Applied Computing Outcome 1 Innovative Solutions – Project Proposal Form**

#### **Team Members**

* Micheal
* Keshav

**Project Title**

* MindSpeak – Communicate with Clarity & Calm

#### **Detailed Description**

#### MindSpeak is an app designed to help you speak more naturally and professionally—less like a robot and more like yourself. With a strong focus on improving mental well-being, MindSpeak aims for a 5-star user rating by reducing stress and anxiety through features like guided meditation and breathing exercises. These tools promote a calm state of mind, making the app an essential companion for anyone looking to enhance their communication skills. The more users engage with MindSpeak, the more their confidence and speaking abilities improve, fostering a safe and healthy environment that supports better mental health overall. These days, people’s confidence skills are severely going down due to the rise of social media, that's why we are trying to make a change, to help people to get out of their comfort zone, and start making friendships, start looking more confident and sound more confident with our project. Humans are animals, animals are designed to socially interact with each other, humans are designed to go outside and interact with one another, not staying at home and scrolling through social media for 8 hours each day.

#### **Target Audience**

MindSpeak’s target audience includes individuals pursuing careers where strong communication is essential—such as CEOs, presenters, and content creators—as well as anyone looking to build confidence in their speaking skills. It’s especially helpful for shy or reserved people who want to express themselves more clearly and confidently. It's designed to get people out of their homes and get out of their comfort zone, to help them feel more comfortable speaking with a random stranger.

#### **Any Resources Required**

* [Materials, software, hardware]
* Hardware:
* Devices (laptop, phone, iPad)
* Google
* Microphone
* Internet connection
* Software
* ChatGPT
* Youtube
* Materials
* <https://www.smilingmind.com.au/smiling-mind-app>
* <https://www.headspace.com/content/mindful-activity/commuting/109>
* <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
* <https://shoorah.io/mindfulness-on-the-move-how-our-app-fits-into-your-busy-lifestyle/>