**Literature Review: Similar app summary**

In this section, we will search for existing related apps and experience them, and summarize the functions and features of each app. Finally, we can compare all the apps functionally, which can provide some valuable reference for our app design. . Due to the limited number of leadership coaching apps currently on the market, we will also look for inspiration from some iOS or Android apps that match the content of this app.

Hello Driven Resilience App图片包含 标牌, 天空, 户外, 街道

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Hello Driven Resilience App is an app that helps build a resilience system. By providing resilience solutions for individuals, children, schools, employees, and coaches to help users solve the difficulties encountered in life, study and work, adjust the mindset, and keep motivated (2019 Hello Driven Pty Ltd). In the Driven App, there are six domains of resilience (Vision, Composure, Reasoning, Health, Tenacity and Collaboration). In this app, users interact with 24/7AI to choose the features that suit them. App includes resilience assessment to help users determine their resilience level, 200+ based on 6 domains of resilience personalized training, tracking users' process through daily mood chart, calming exercise such as meditation, connect with external support when the user needs immediate help. Unlike the traditional app's account registration interface, the Driven App uses the interaction with the AI intelligent robot to complete the registration. The App also records the user's chat with the AI and analyzes it, transforming the results into insights and presenting them to the user in the form of a chart, which more intuitively and effectively displays the degree of resilience of the user. This is a comprehensive app. By using this app, users can effectively recognize themselves and learn how to improve their resilience.

Smiling Mind App图片包含 矢量图形

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The smiling mind app is an app that enhances the user's mindfulness through meditation training and course teaching. It sets up different projects for different ages and areas (Adult, Youth, Family, Classroom and Workplace). For Workplace projects, face-to-face or digitally delivered meditation exercises, 40+ meditation training and instructional videos, and recording of Absenteeism & presenteeism and analysis of report feedback users' overall wellbeing, level of stress and growth progress (2019 Smiling Mind). The aim is to relieve stress, concentrate, manage interpersonal relationships, help make decisions, and improve resilience. In Schools program provides training materials and courses to train primary school educators to help improve student wellbeing. The advantage of this app is that it is a non-profit app with a large number of free and comprehensive courses covering a wide range. By using this app, people can improve their mindfulness and resilience.

HeadGear App

The HeadGear App is an app that helps improve resilience. The home page clearly shows five modules. The most interesting thing is that the app splits the course into a 30-day challenge, with different exercises every day, and unlocks the new resilience tool when the user completes the challenge. In addition, users can also record the daily mood through the Mood Gauge function and view the moon in the month in the Dashboard to make targeted operations. On the first day of the challenge, the user will conduct a 17-question of Risk Quiz to get the initial score corresponding to the analysis, and then change the original score to achieve mental health through daily training. The app will also issue badges after the user completes the specified event to encourage users to use it more actively. Users can also set a daily reminder to remind themselves to record the daily mood and complete the challenge.

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Inner Will

This app is developed by Inet Network, Inc and it mainly forces on helping the user to find out what type of person they are, the user can sing up, after signing up the user can create their own stories about their life, the user can create a timetable for their life stories based on their life stage, the user is also able to create 3 goals they want to archive which will be added to the timetable and the user is able to add their vision (2019 InnerWill Leadership Institute). The start screen shows a picture of a person with a child helping the child carry his bicycle and shows 2 buttons labeled start my journey and login. Clicking on start my journey takes the user to a slider with three tabs, each tab has some s and at the end of the last tab there is a button let’s begin from where the user will get some questions they have to answer and in the end they will get a result of what type of personality they have.



Bizversity

This app is developed by BRiN Global Pty LTD. This is a business tanning app to help Benninger’s understand the concept of business.The app has 1,000 business videos about leadership, product development etc.., all the videos are produced by business experts, there is an option to ask questions in a chat, the user is able to create an account and track their progress, the user can gain badges, check their status, check on the leaderboard their current ranking, the user is able to create their own playlist and save all their most watched videos. This app has a high rating of 4.5 out of 5 and all the reviews from the users are positive. This is a great app for business owners, startups, and entrepreneurs.



Yomento

This app is developed by Yomento and is designed to help the user train themselves in a certain thing such as communication and listing, the start screen askes the user first to sign up using their email and a password is sent to the user’s email(Yomento Management AB 2019). The sign up screen asks the user their name and gender, than the next screen asks the user what type of training they want, the next screen asks the user how many actions they want per week, the next screen asks to select where the user would like to train such as when the user is on their way to work, or when they are home etc.., this app also has a feature to let the user enter the day and time of their training also the app will remind the user by sending an alert notification at the time of the event.

GLSnext – Leadership TrainingA picture containing clipart

Description automatically generated

The GLSnext – Leadership Training Application was developed by Willow Creek for both IOS and Android users(Willow Creek Association d/b/a Global Leadership Network 2019). This app was developed to sharpen skills and unleash the full potentials of leaders worldwide providing support from Global Leadership Summit events. This application comes with “Grow” functionality that provides videos, podcasts and link to blogs with inspiring leadership contents. It also comes with uplifting and encouraging quotes. This application was rated 4.8 out of 5 based on eight thousand reviewees and been downloaded in 300,000+ devices across 196 countries which proves its usefulness.

MindTools

Mindtools is a mobile application available both on App Store and Play Store where you can get access to a wide range bite-sized, career-enhancing resources, so you can learn the essential skills needed to excel in your career whenever and wherever (Mind Tools Ltd, 1996-2019). Mindtools is easy to use, you’ll find most of the things needed in just few taps. It also provides easy to understand and relatable articles as well as it is capable of specific learning. This application was consistently being developed to provide a high-quality tool for its users with a 4.8 out of 5 ratings in app store.

Remente

Remente is a system of tools and insights to help you lead a richer, happier and healthier life based on how brain works and performs. This application helps on maintaining focus and direction while managing stress and work-life balance (2019 Remente AB). This app contains the following tools that helps its users. First, is a goal setting system to turn dreams into tangible objectives. Second, is a day planner combining all daily to-do’s with long term goals and habits. Third, a life assessment tool, to be used in visualizing what’s important in life. Fourth, a mood journal that helps on tracking what affects its user’s mood and wellbeing. Lastly, a growing library of courses and exercises from experts and scientists which covers a lot of topics. Reminder was awarded as an App Store Editor’s Choice for the year 2019. With the rating of 4.6 out of 5 in App Store.

Leadership Development 

Leadership Development is an app developed by . Objectives of this app are helping leaders to improve their leadership skills include management strategy, culture, performance management etc. through resource like videos, training lessons, news and coaching events. Inside this app, users can not only learning how to master leadership skills, but also can participant offline events hold by providers which can be more vivid.

Adeption

Adeption is developed by Jumpshift. The app let users write down their daily goals and ideas from both themselves and others to help them get progress daily, it also offer activities for users to improve their leadership skills and have chance to communicate with others (2019 Adeption， by JumpShift Development Ltd). In this app, the tuitions are presented in a chatting way which makes the content appears in a more interactive manner to help users understand easier. Besides, this app also provides multiple tools for users to deal with problems they face in their lives and workplace. This app got 5 out of 5 ratings in app store.

Nursing Leadership Management Exam Quiz****

This mobile app is a multiple-choice practice questions app, it has 2500+

multiple-choice questions, user can do those questions anytime and anywhere,

even without a connection (NUPUIT 2019). But that’s all it got, only multiple-choice questions.

Leadership Development****

This mobile app can teach users how to identify their strengths and utilize them

to influence others, allow users to understand the importance of being a leader

and how they can motivate others to do better.

Lumosity

Lumosity is developed by Lumos Labs. It is an app that trains concentration, memory, problem solving, mindfulness and stress relief in the form of games (2019 Lumos Labs, Inc). The app records and analyzes the results of each game of the user to provide a feedback report, and based on the report, the game is recommended to the user daily to train the user's ability they want to improve.

**Discussion**

Table 1 shows the comparison of relevant apps mentioned before from multiple perspectives ( whether use video, quiz, reminder, helplines, user analysis, Resilience coaching, Goal Achievement, Community and impressive functionalities). After the investigation, we found that almost all similar apps have the function of resilience coaching, and the diversity of training materials is insufficient. Most of them are in the form of text. In the app surveyed, there are few apps contain both problems solving and goal achieving function. More importantly, among all the surveyed app, none of them has community feature.

The purpose of the proposed mobile app (DA VINCI'S WORKSHOP) is to provide professional and comprehensive leadership coaching for individuals and organizations. The content of this app is succinctly divided into two parts (Quick Coaching and Achieve a Goal). After the user answers some columns of Quiz Generate a report of your own and learn about the content of the report. Unlike the app that was reviewed earlier, the DA VINCI'S WORKSHOP app is more focused on the leadership coaching and establishes a user-specific database for recording user processes. And provide more professional training materials, as well as a community that allows users to exchange information with each other, and carefully selected in each part of the design (background color, icon size, button position, etc.), more specific design content will be introduced in section 3

Table.1 Comparison of relevant apps.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Impressive Functionalities | 24/7 AI chatting system | Multiple program choices | Challenge path/Achievement Badge | - | Various of coaching videos | Can set daily challenges | - | Coaching materials from multiple area | Complete goal achievement system | Offline events community | Tools are provided to help people deal with problems | Training while playing games |
| Community | No | No | No | No | No | No | No | No | No | No | No | No |
| Goal Achievement | No | No | Yes | Yes | No | No | No | No | Yes | No | Yes | No |
| Resilience  coaching | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | No | Yes | No | No |
| User Analysis | Yes | No | Yes | Yes | Yes | Yes | Yes | No | Yes | No | No | Yes |
| Helplines offer | Yes | Yes | Yes | No | No | No | No | No | Yes | No | Yes | No |
| Reminder | No | Yes | Yes | Yes | No | Yes | No | No | Yes | No | No | Yes |
| Quiz Use | Yes | NO | Yes | Yes | No | Yes | No | No | No | No | Yes | No |
| Video Use | No | Yes | No | No | Yes | No | Yes | Yes | No | Yes | No | No |
| Rating | - | 4.7 | - | - | 4.5 | 4.6 | 4.3 | 4.8 | 4.6 | - | 5 | 4.5 |
| Target | Resilience coaching | Mindfulness | Resilience coaching | Self improvement | Leadership coaching | Leadership coaching | Leadership coaching | Self improvement | Self improvement | Leadership coaching | Leadership coaching | Brain Training |
| Developer | Hello Driven | Smiling Mind | Black Dog Institute | Inet Network | BRiN Global Pty LTD | Yomento | Willow Creek | MindTools.com | Remente | SocialLink,LLC | Jumpshift | Lumos Labs |
| App Name | Hello Driven | Similing Mind | HeadGear | Inner Will | Bizversity | Yomento | GLSnext | MindTools | Remente | Leadership Development | Adeption | Lumosity |