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Unwind
Calm Your Mind

How did we land our big idea?



Problem

Guidance

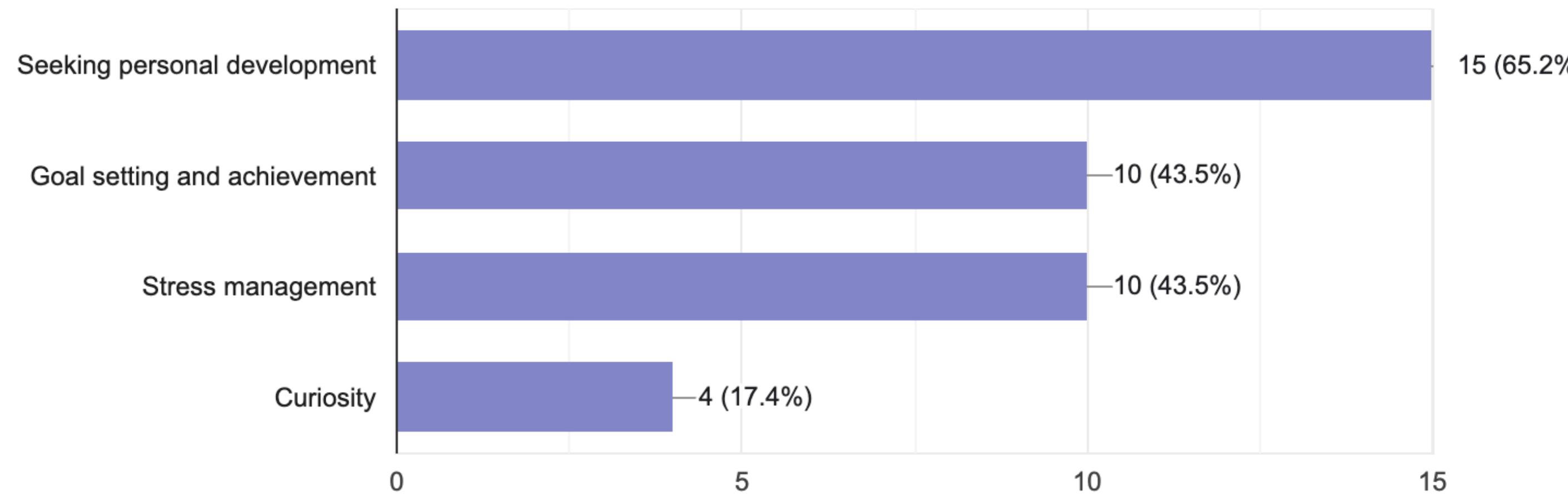
Life coaching

Unwind

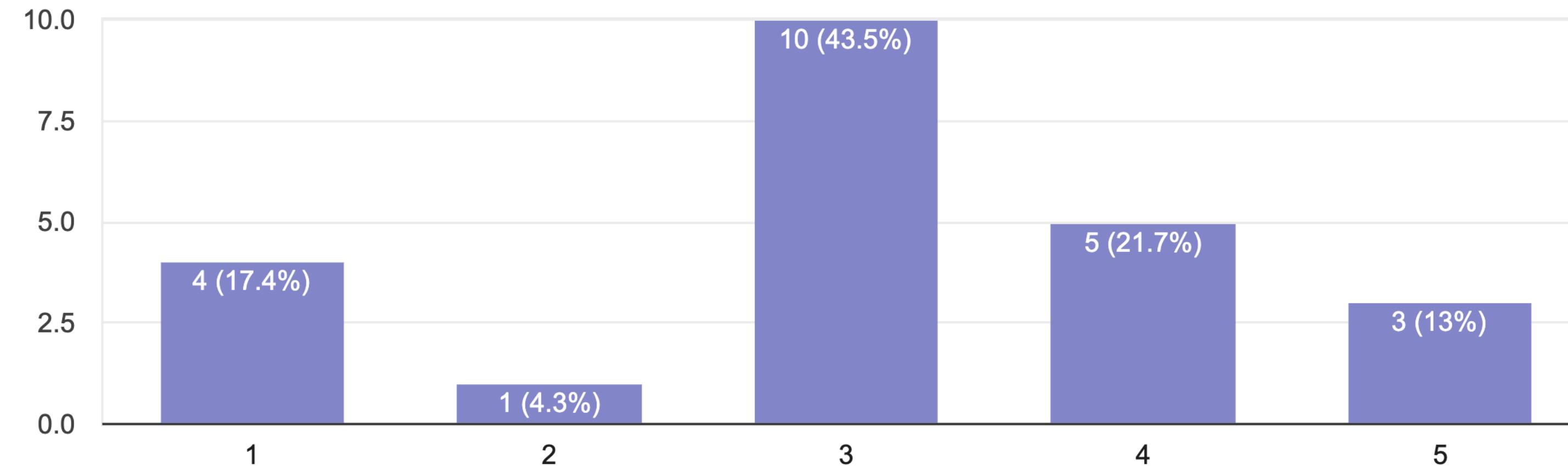


Survey

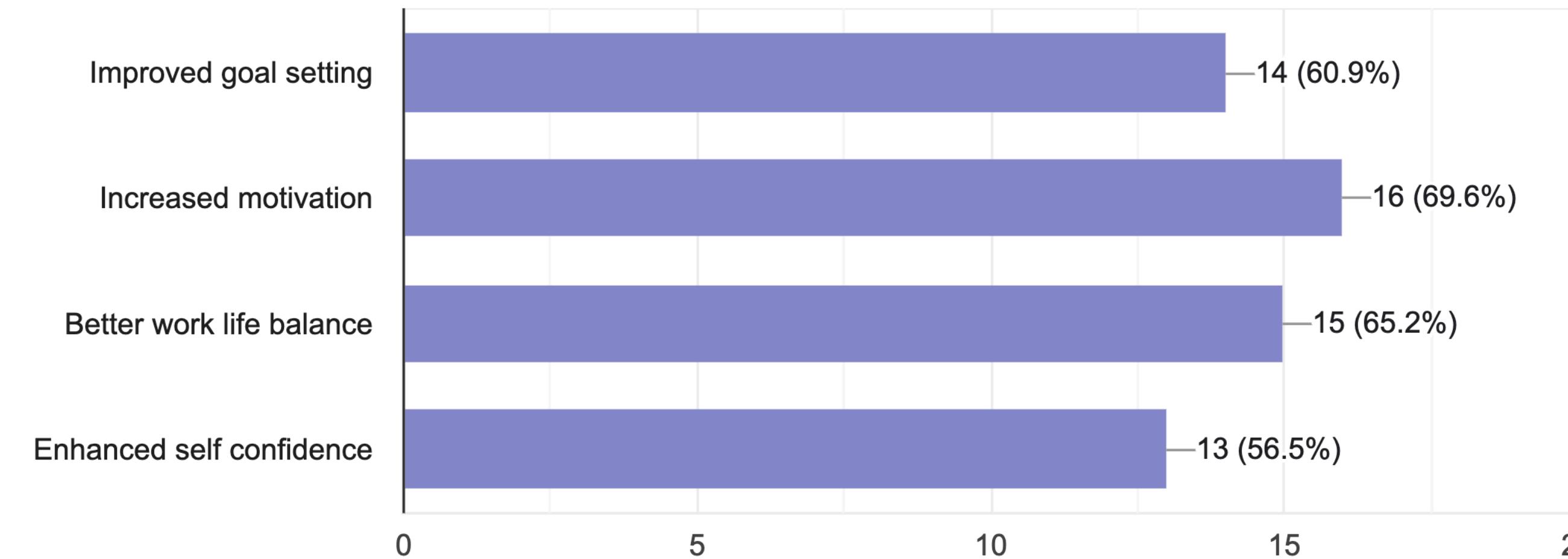
What motivates you to download an app about life coaching?



How motivated are you to actively engage with a life coaching app?



What potential benefits do you believe life coaching could offer?



App statement

An app that helps stressed users who wish to alleviate their stress by offering helpful challenges



Design

Color palette

#A39AEA

#7267C5

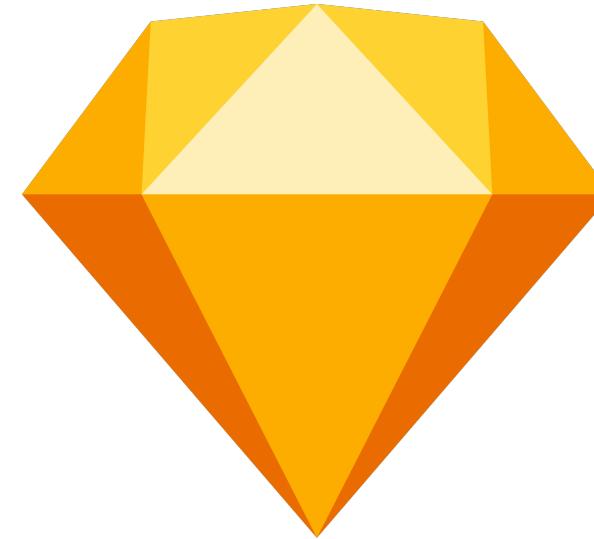
8588C8

C3A0B6

App Icon



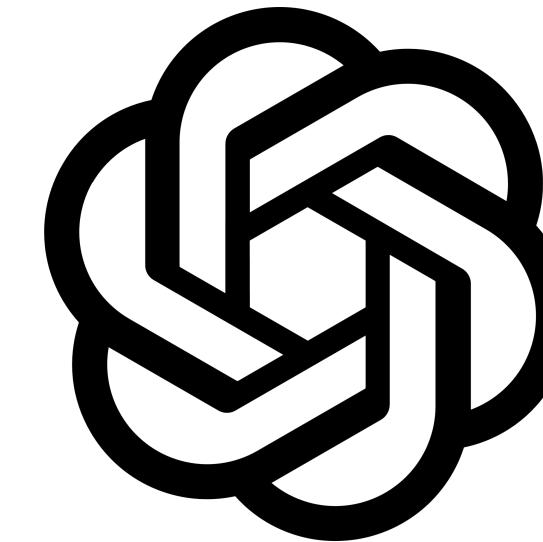
Used Technologies



Sketch

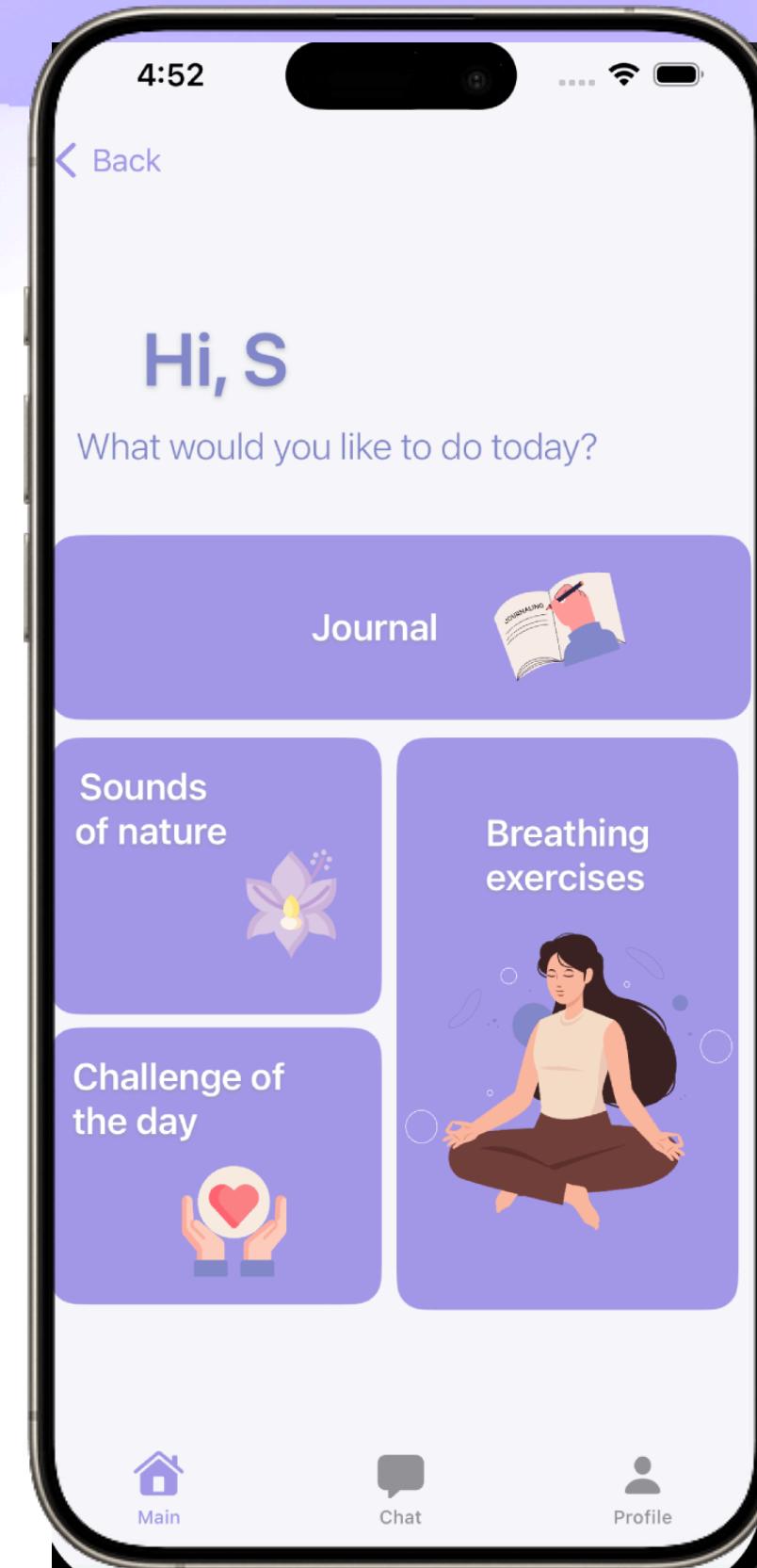
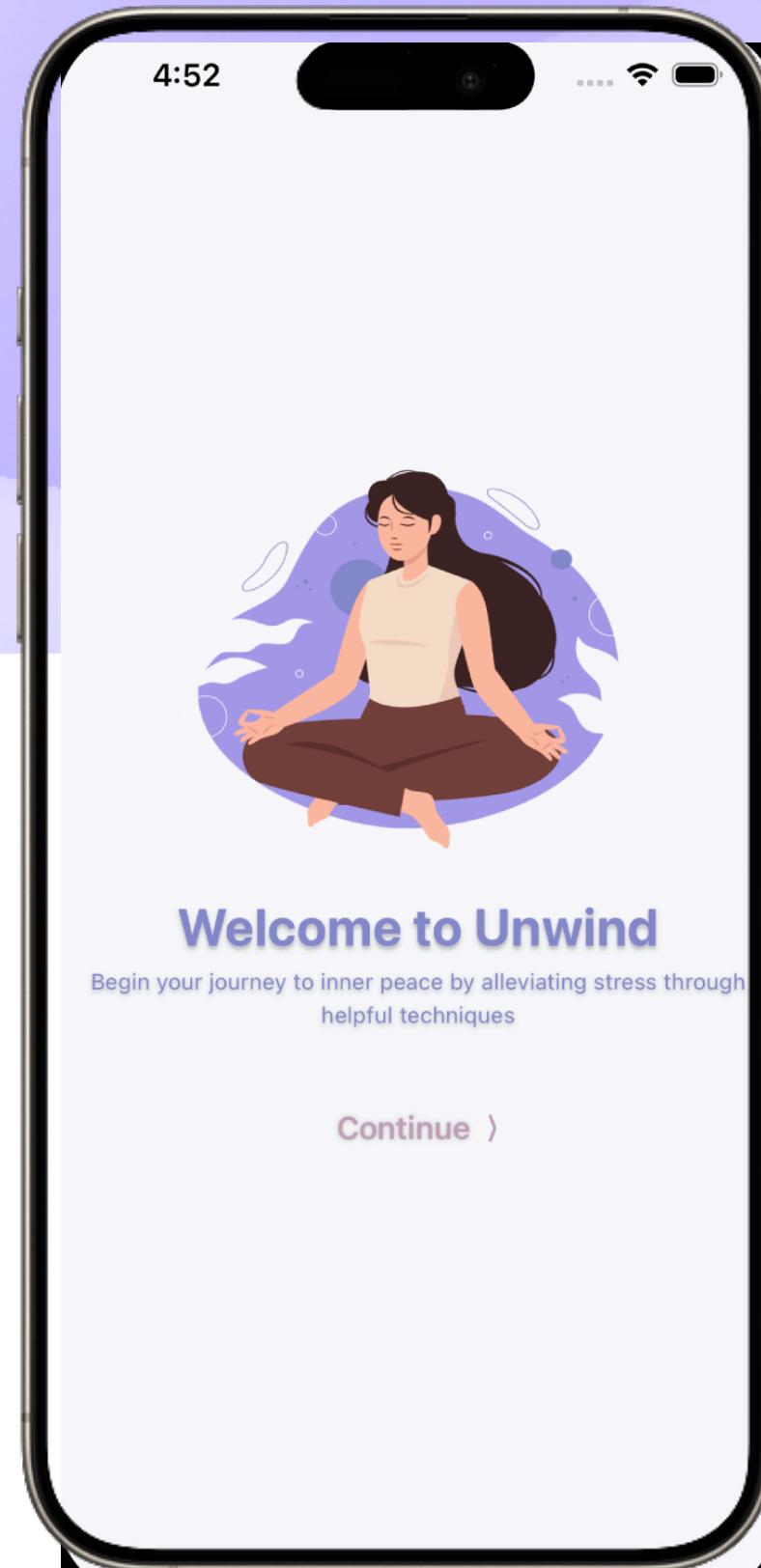


SwiftUI

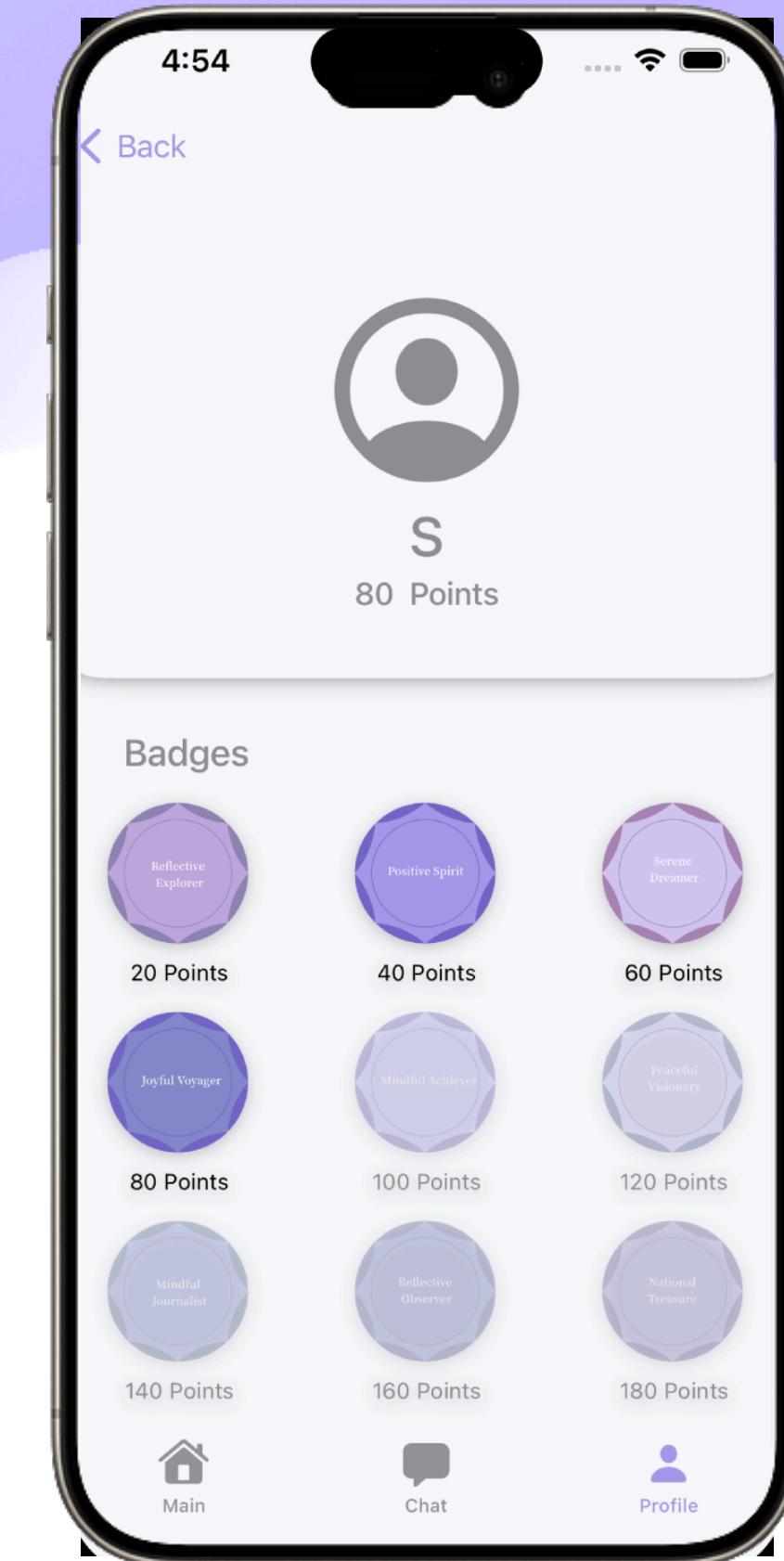
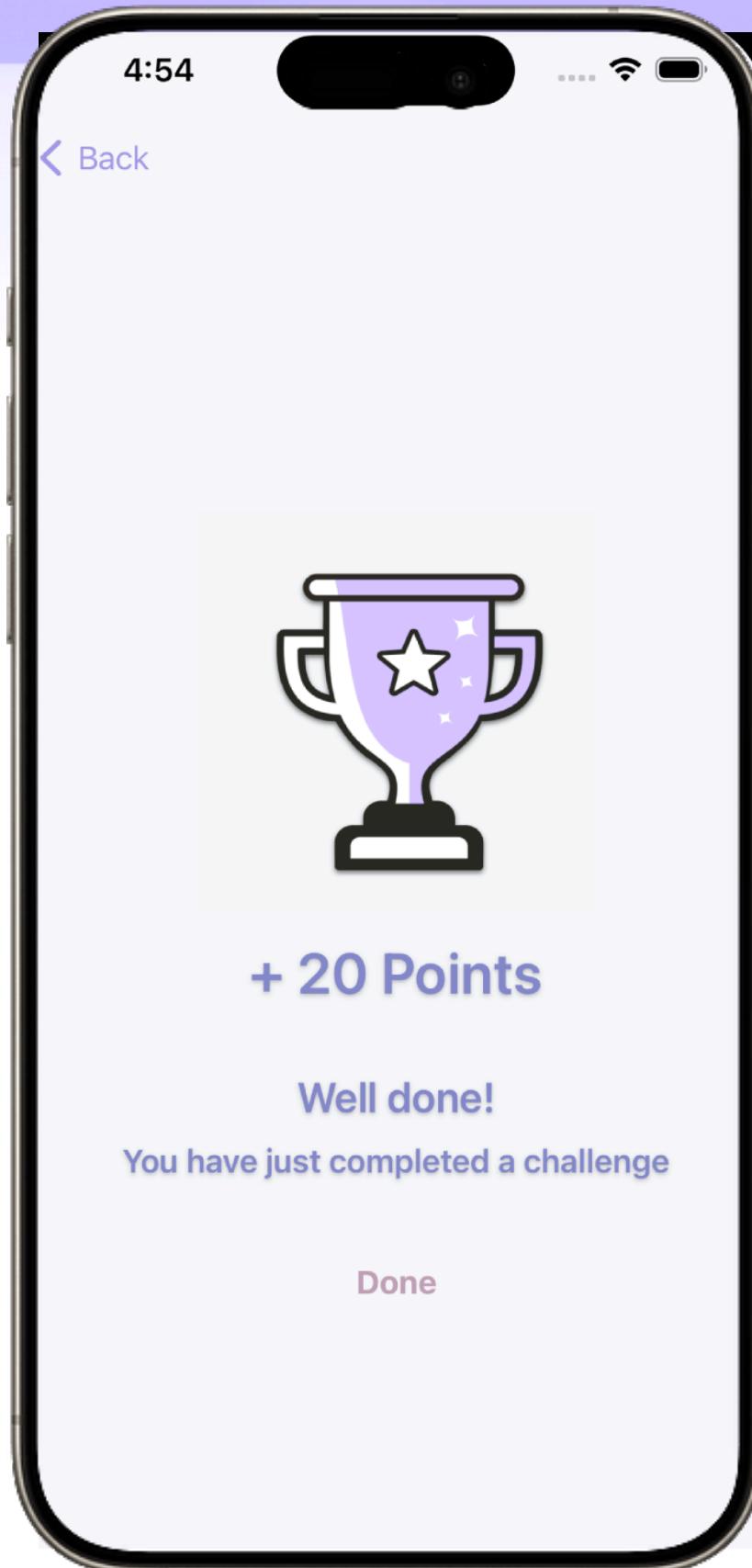
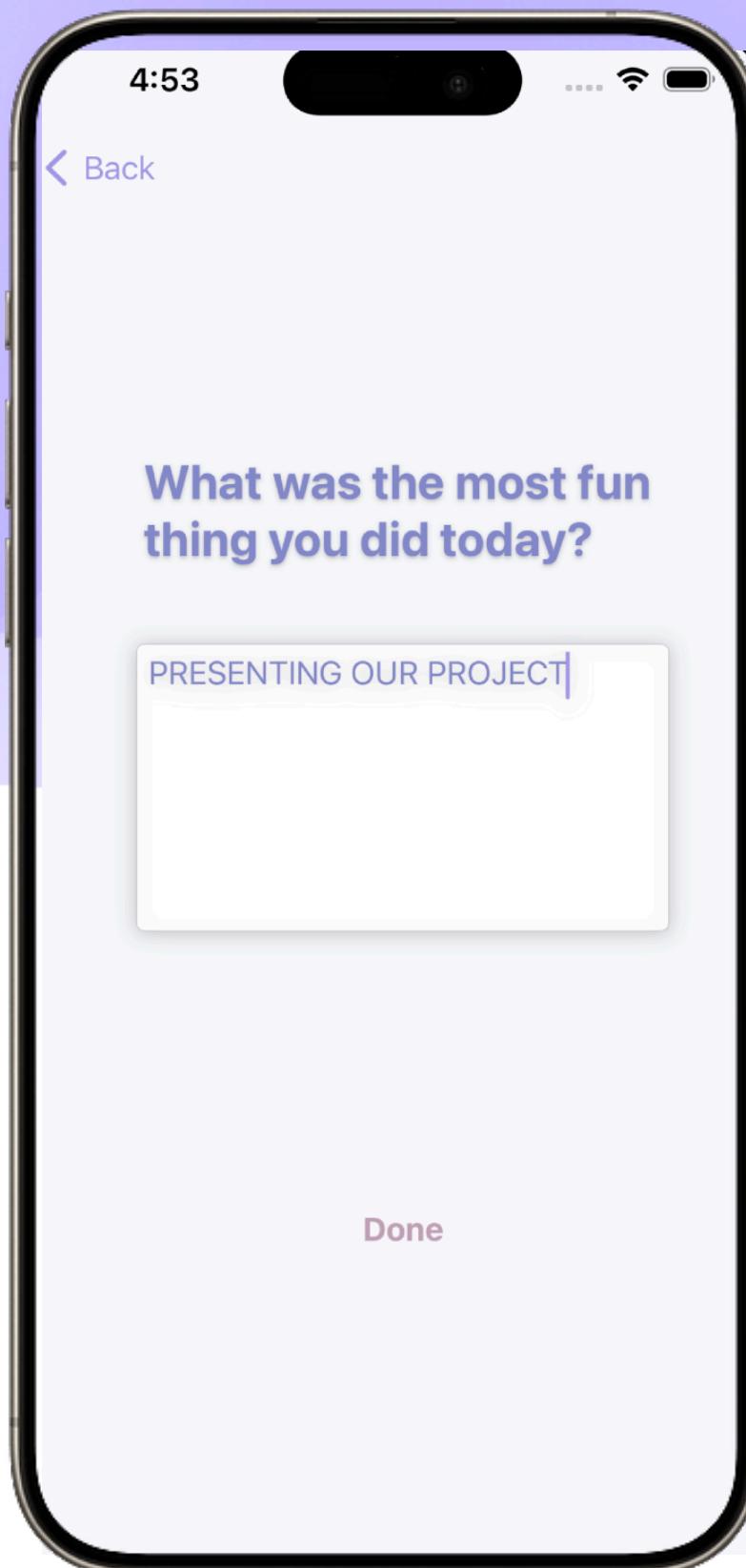


OpenAI

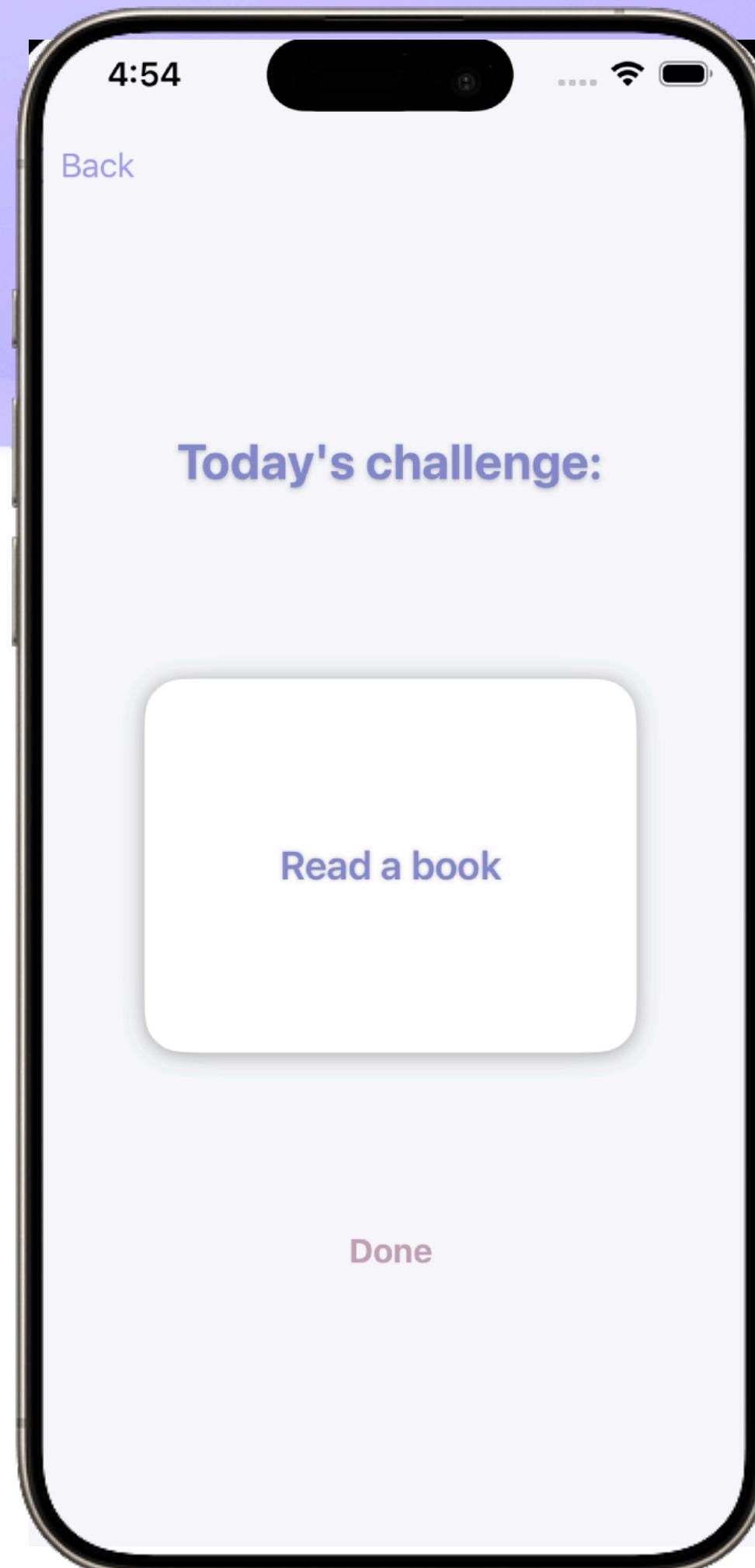
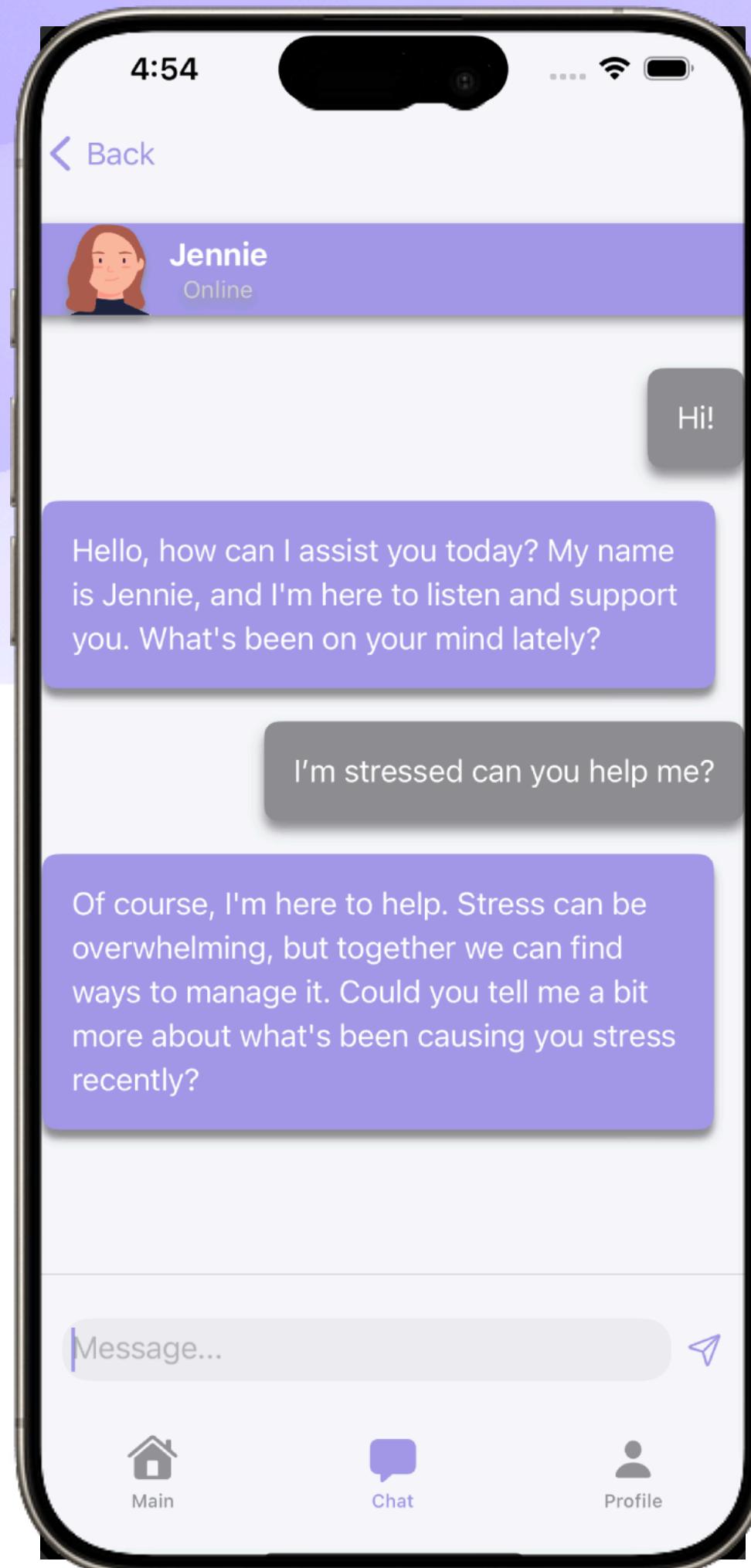
Demo



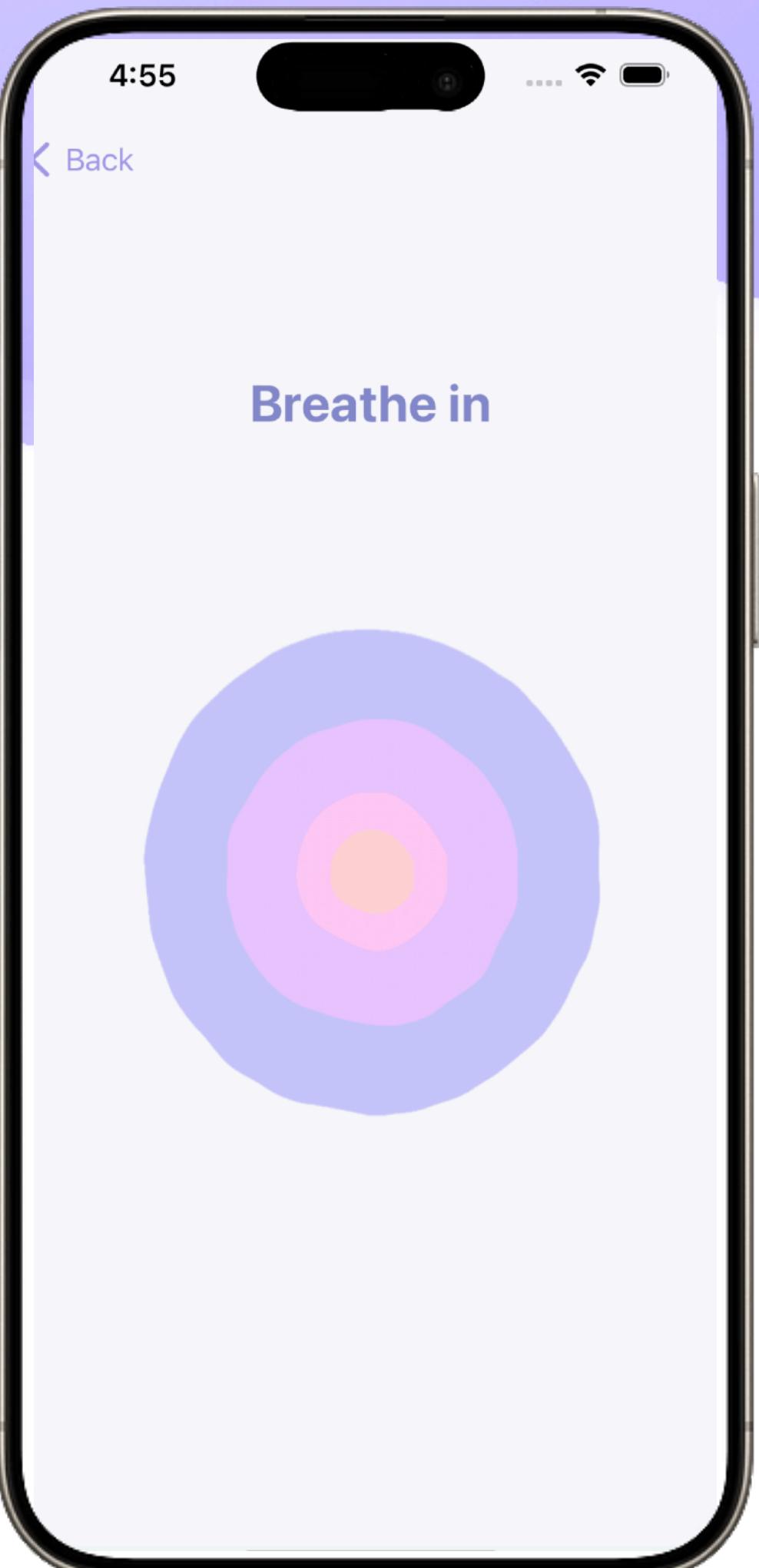
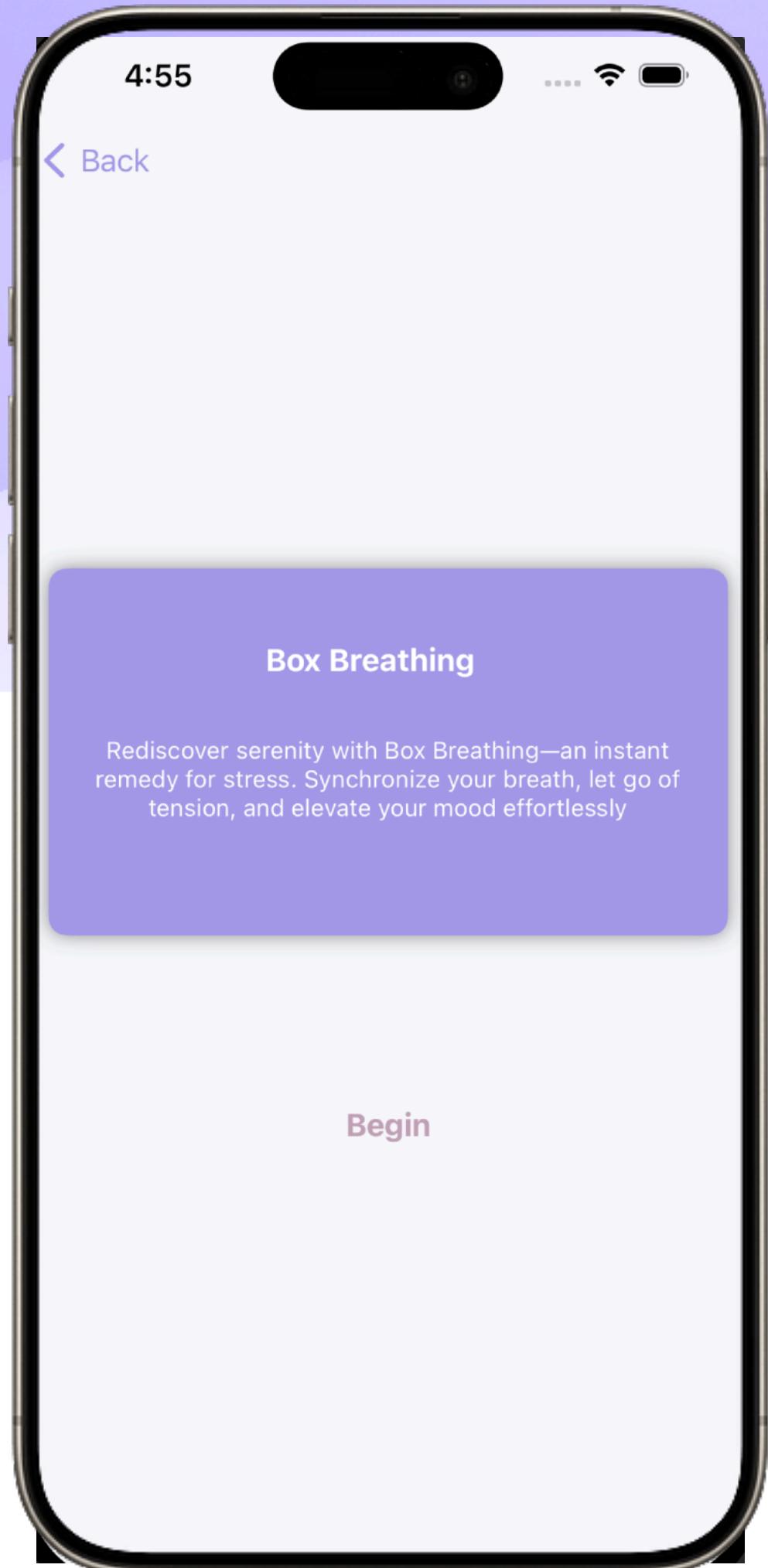
Demo



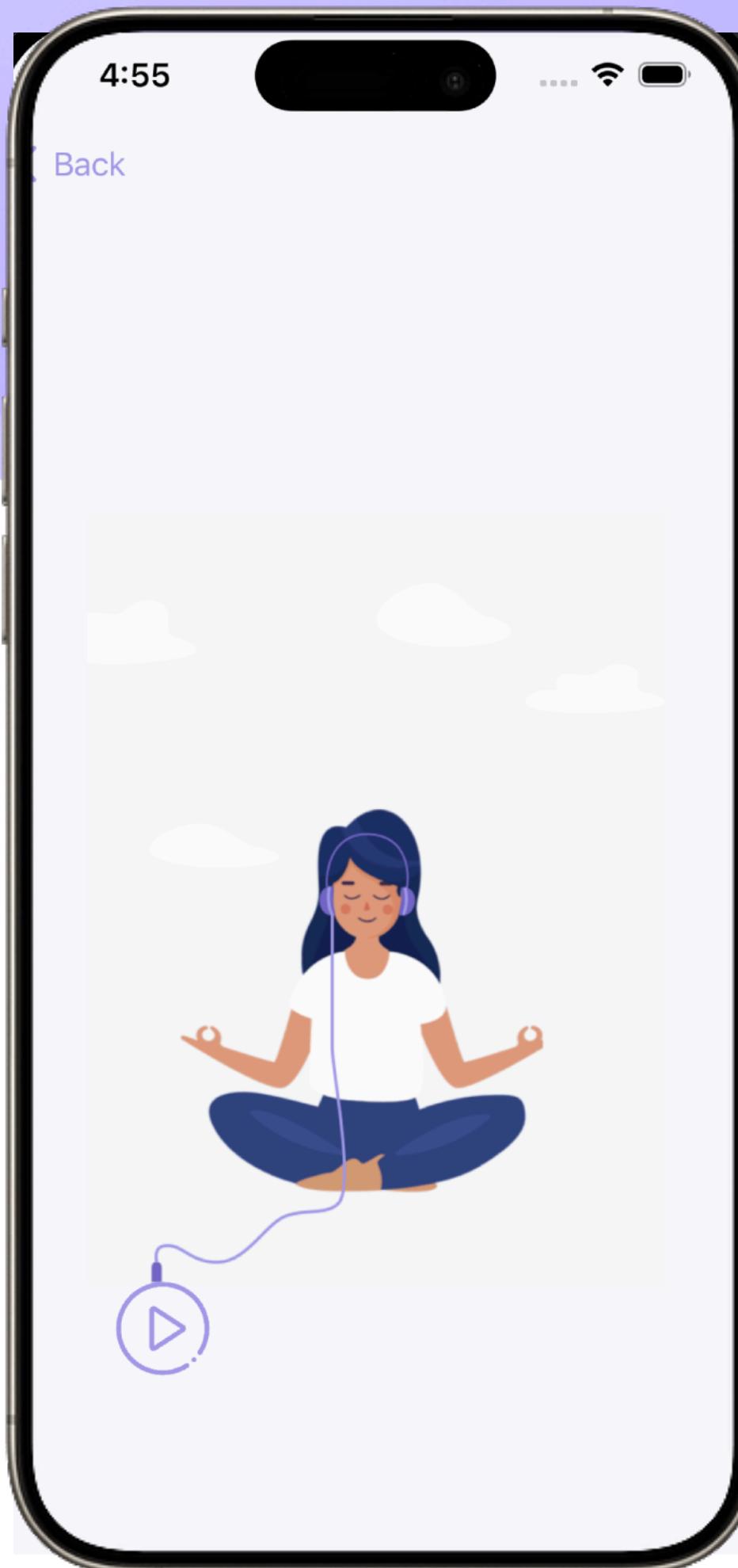
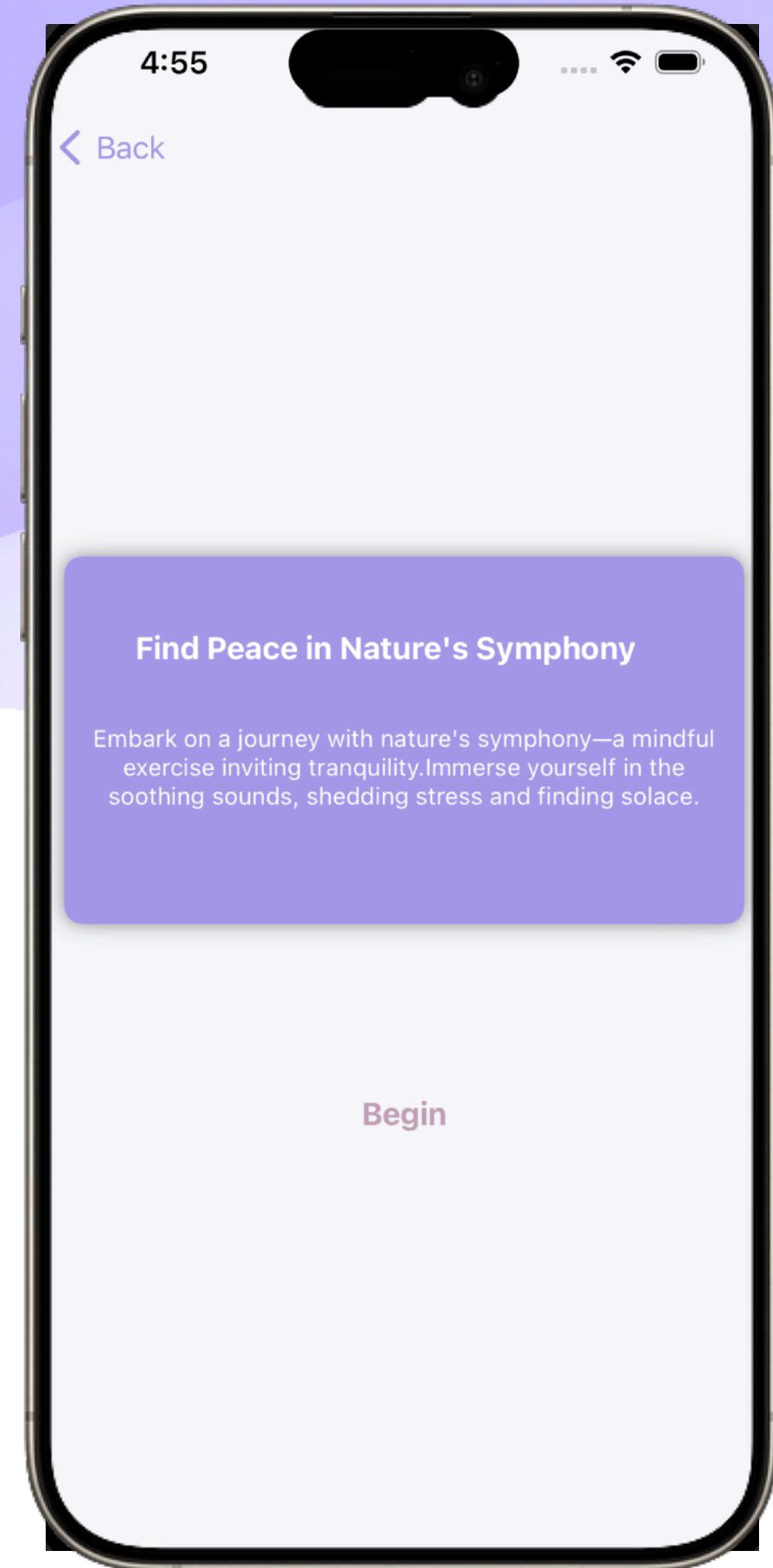
Demo



Demo



Demo



Future work

1- Enhanced experience

2- New techniques

In conclusion

Calm your mind