

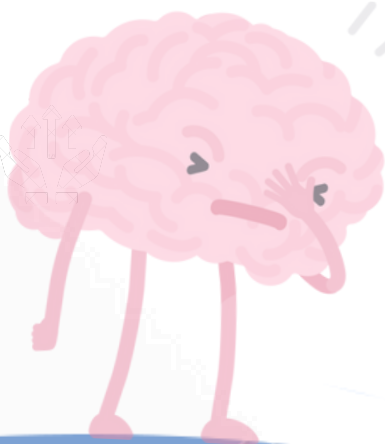
PROJECT PROPOSAL



1.PROBLEM

1.1 Introduction to problem

Corporate employees often face significant mental health challenges due to work-related pressures . This increased stress, anxiety, and burnout, which can unfortunately impact an organisation's overall productivity.Despite these challenges, traditional approaches for monitoring and managing mental health have been reacting to the problem not being proactive.The primary problem lies in the inability of HR departments to consistently and accurately monitor and address the ongoing mental well-being of their employees. Current solutions, like annual surveys or counselling sessions, are limited because they only provide occasional or incomplete insights into employee mental health.This gap leaves HR unaware of potential risks or declines in employee morale, making it difficult to take proactive actions to support their workforce.



1.1.1 Problem stats

a. Global Hologic Women's Mental Health Index



According to the Global Hologic Women's Mental Health Index, 38% of male employees and 46% of female employees suffer from mental health issues out of every 100 employees.

b. World Health Organization(WHO)

According to WHO, More than half of the global population (60%) works and around 15% of working-age adults live with a mental disorder and 12 billion working days are lost every year to depression and anxiety, which costs the global economy \$1 trillion in lost productivity

Feature Comparison Chart

Feature Comparison Chart

	Moodfit	Happify	Remente	Apple Health	EZwork
Mood Tracker	✓	✓	✓	✓	✓
Mental Health Score	✓	✓	✓	✓	✓
Mood Sharing					✓
Peer Voice Conferencing					✓
Anonymous Chat with HR					✓
SWOT Analysis					✓
Sharing insights with HR					✓
Counselling Recommendation	✓	✓			✓

2. PROPOSED SOLUTION

Our proposed app offers a solution by providing real-time mental health tracking and data-driven insights. The app includes features like a mood tracker, mental health scoring, anonymous chat with HR, and thoroughly SWOT analysis. This enables HR managers to stay updated with employees' mental well-being and take proactive measures.

2.1 How It Addresses the Problem

eZWORK aims to tackle these challenges by providing real-time monitoring and insights into employee well-being. Employees update their moods regularly, generating trends that managers can visualise. The anonymized chat feature allows employees to communicate without fear of judgement, and peer-voice conferencing offers additional support. Additionally, data visualisation tools and counselling recommendations provide HR with actionable insights to prioritise employee wellbeing, offering support at all levels.

3. TARGET AUDIENCE

HR departments in medium to large corporations

Universities and large student groups

Key challenges to addressed:

- Reduced productivity
- Absenteeism
- Negative attitudes

Benefits from addressing these challengers

- Enhanced well-being
- Improved workplace flow
- Suitable for organisations prioritising employee well-being and productivity

5. FEATURES OF THE SOLUTION

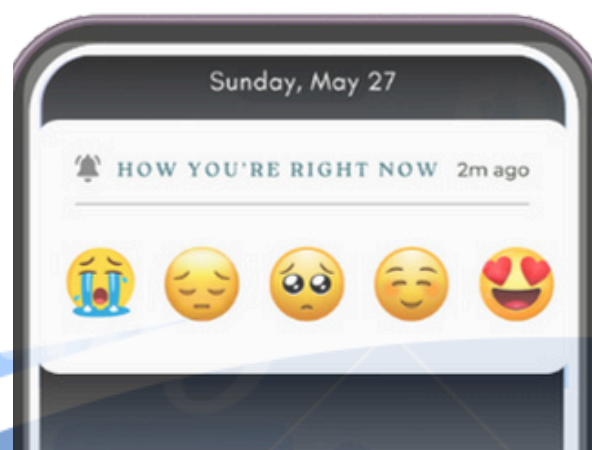
5.1 Insights for HR



EZWORK's HR Insights Dashboard sets it apart by offering HR teams aggregated insights, such as mood trends, mental health scores, and SWOT analysis. This allows HR to identify early signs of stress or burnout and take proactive, data-driven actions to foster a supportive workplace.

5.2 Mood Tracker

Employees log their mood regularly, increasing self-awareness and recognizing patterns. HR tracks trends and identifies common issues through accumulated data.



5.3 Mental Health Score



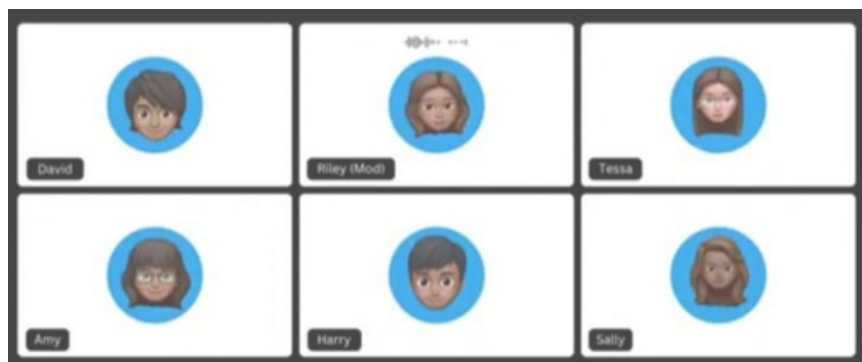
The app calculates a mental health score based on mood logs, survey results, and engagement with the app's features. This score acts as an early warning system, allowing HR to identify potential burnout or disconnection.

5.4 Mood Sharing

Employees can share mood updates with trusted colleagues or mentors, building a supportive network and enabling peer assistance

5.5 Peer Voice Conferencing

This feature uses AI to anonymize voices, enabling peer-to-peer communication in virtual group discussions where employees can share experiences and seek support.



5.6 Anonymous Chat with HR

Employees can anonymously communicate with HR, creating a safe space to express concerns without fear of judgment.

5.7 SWOT Analysis



The SWOT analysis feature provides HR with insights into employees' mental health, highlighting strengths, weaknesses, opportunities, and threats, enabling targeted interventions for well-being

5.8 Counselling Recommendations

The app provides personalised counselling recommendations based on mood updates and mental health scores, ensuring timely and relevant support for employees.



6. KEY BENEFITS



eZwork aims to bring HR to concern about their employees mental health and make it easy to understand their employees better.

6.1 Convenience

The app provides employees with easy-to-use features to track their mood, look for counselling recommendations, and engage with HR without barriers. This promotes a supportive environment that's integrated into their daily work life.

- Privacy: The anonymous chat feature with HR enables employees to discuss concerns without fear of displaying, encouraging more honest communication.
- User-Friendly Interface: The app's interface makes accessing mental health resources seamless for all users.
- Reduced Wait Times: Insights provide instant support, eliminating the delay in traditional HR processes.

6.2 Streamlined Processes

eZWORK exploiting data analytics to give HR teams actionable insights into employee mental health trends, making it easier to address issues promptly and proactively.

These benefits work together to create a healthier, more productive workplace that prioritises the mental well-being of its employees.

6.3 Enhanced Employee Well-being

Support: Mental health scoring and counselling recommendations for proactive monitoring

Impact: Reduces stress, promotes a healthier work environment

6.4 Improved Team Communication

Features: Mood sharing and peer voice conferencing

Impact: Encourages better communication, empathy, and a positive workplace mindset.

6.5 Data-Driven Decision Making

Features: SWOT analysis and mood tracking

Impact: Provides HR with data-backed insights for designing targeted interventions and policies.