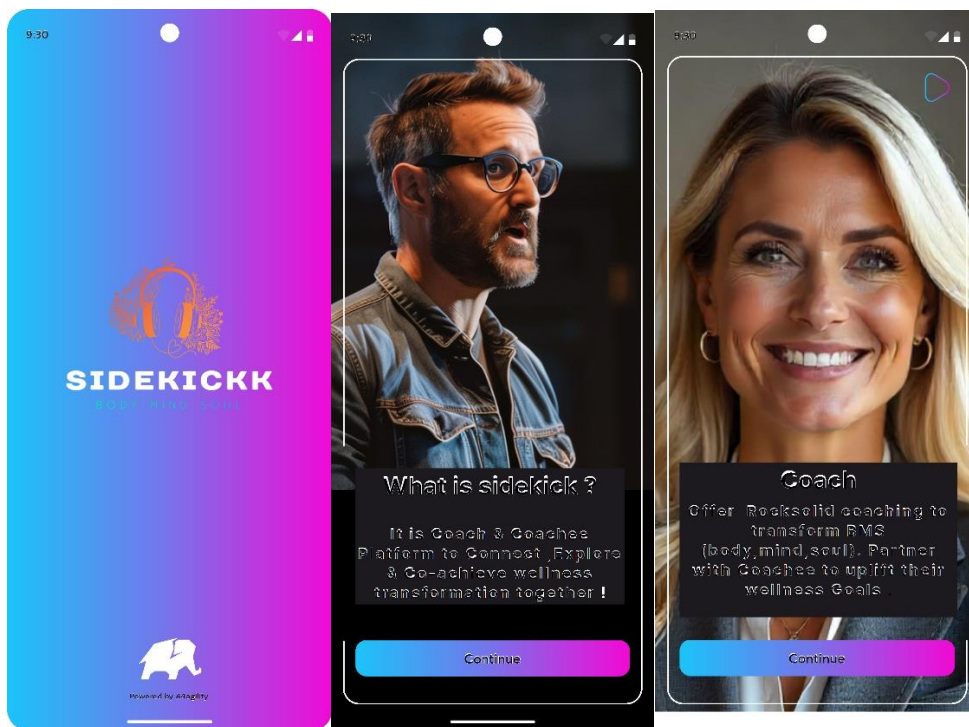




Company Link: www.a4agility.com

Product Link: www.sidekickk.in



Your Wellness Companion for Body Mind and Soul !

Mission Sidekickk

"Sidekick empowers individuals to unlock their full potential and achieve holistic well-being through expert coaching and a supportive community."

"Redefining wellness and transformation as a cornerstone of agility! "

Sidekickk Overview

Central to **A4agility's vision** is "Sidekickk", their initial product that champions the holistic transformation of the mind, body, and soul. This innovative offering aims to redefine how companies, teams, and individuals perceive and integrate wellness into their daily operations and personal lives. By prioritizing well-being, A4agility endeavors to unlock a more sustainable and fulfilling path to agility.

1) What is Sidekickk?

"Stuck on a journey of personal or professional growth? Sidekick is designed to empower you. The app that connects coachees facing challenges with ideal coaches, offering the tools and insights for actionable solutions and lasting progress. Sidekick supports holistic well-being to truly transform lives and intends to be a partner in achieving personal or professional goals."

The Sidekick App is a complete platform designed to streamline and enhance the coaching experience for both coaches and coachees. It provides effortless onboarding, connects individuals with the right expertise, simplifies coaching journey, and promotes a goal-oriented and supportive environment.

It uses the holistic success toolkit and strategies to optimize physical well-being (e.g., diet & exercise), sharpen mental skills (e.g., mindfulness, learning), and fuel inner drive (e.g., purpose, passion).

2) App Features

Sidekick App is Your Comprehensive Coaching Companion!

- **Effortless Onboarding & Profile:** Sign up with email/phone. Manage your profile with contact details, photo, and bio.
- **Smart Coach Finder:** Discover coaches by category (body, mind, soul) and refine your search by location, fees (free/paid), and ratings.
- **Easy Coach (Sidekick) Booking:** Select your coach and package. Pay securely via UPI. Auto-generated invoices.
- **Transparent Payments:** Securely holds fees. Auto-bifurcates payments: platform commission & coach earnings.
- **Goal-Oriented Progress Tracking:** Track tasks (To Do, In Progress, Done). Visualize coaching progress (Inactive, Active, Completed).
- **Automated Commissions & Payouts:** Platform deducts commission automatically. Coaches receive timely payments. Clear coach invoices.
- **Seamless Communication & Sessions:** Conduct sessions via Zoom/Teams. Built-in chatbot for quick communication.
- **Mutual Ratings & Feedback:** Rate each other (1-5 stars) after sessions. Encourage appreciation and positive feedback.
- **Wellness Transformation at Fingertip:** Sidekick offers a diverse range of coaching avenues categorized into three main areas: **Body & Wellness, Mind & Growth, and Soul & Well-being.**

3) Explore Sidekickk

Who is a Coachee on Sidekickk?

On Sidekick App "**Goal-Oriented Growth Seeker**" coachee is an individual, 18 years or older, who is experiencing a personal or professional challenge or feeling stagnant in their progress. They are driven by a strong desire to improve their situation, overcome obstacles, and achieve specific goals. These individuals are receptive to guidance and support, and willing to engage actively with a coach they trust to help them bridge the gap between their current reality and their desired future. They are committed to taking action and embrace the collaborative nature of the coaching process to facilitate their growth

Who is a Coach on Sidekickk & what he Offers?

A "rock-solid coaching" approach is offered to a Coachee to uplift and transform overall well-being. This includes the body, mind, and soul. The goal is to partner with him to define wellness goals, overcome obstacles, and achieve lasting positive changes in health, happiness, and his purpose.

How a Coachee Benefits on Sidekickk ?

- **Connect with Master Coaches:** Explore a diverse network of expert coaches dedicated to guiding you toward your goals
- **Personalized Growth:** Achieve tailored fitness, mental well-being, and professional milestones with expert guidance
- **Holistic Development:** Access specialized coaching for mind, body, and soul wellness
- **Unlock Your Potential:** Develop a positive mindset, build empowering habits, and thrive in all aspects of life

Sidekick also offers a diverse range of coaching avenues categorized into three main areas: Body & Wellness, Mind & Growth, and Soul & Well-being.

Body & Wellness Coaching:

- **Fitness Sidekick:** Provides personalized workout plans, progress tracking, and a supportive community for fitness goals.
- **Sports Performance Sidekick:** Offers tailored training programs and guidance from experienced sports coaches to enhance athletic performance.
- **Yoga & Flexibility Sidekick:** Features diverse yoga practices, flexibility improvement, and inner balance with expert instruction.
- **Body Confidence Sidekick:** Helps develop captivating body language, refine personal style, and boost confidence.
- **Nutrition Sidekick:** Provides meal plans, dietary tracking, and personalized nutritional advice.
- **Sleep Well Sidekick:** Aims to improve sleep quality through guided meditations, relaxation techniques, and expert tips.

Mind & Growth Coaching:

- **Creative Spark Sidekick:** Encourages exploring artistic sides, discovering creative outlets, and nurturing inner artists with guided exercises and feedback.
- **Innovation Catalyst Sidekick:** Focuses on unlocking problem-solving skills, generating innovative ideas, and developing entrepreneurial spirit through structured exercises and expert insights.
- **Money Mastery Sidekick:** Helps take control of finances, learn budgeting strategies, and achieve financial goals with personalized coaching.
- **Skill Builder Sidekick:** Assists in acquiring new skills, mastering existing ones, and advancing careers with tailored learning paths and coaching.

Soul & Well-being Coaching:

- **Mindfulness & Meditation Sidekick:** Aims to reduce stress, calm the mind, and cultivate inner peace with guided meditations and mindfulness exercises.

- **Healing & Self-Discovery Sidekick:** Supports healing emotional wounds, gaining self-awareness, and embarking on personal growth with compassionate guidance.
- **Therapy & Well-being Sidekick:** Provides access to therapeutic support, stress and anxiety management, and overall well-being improvement with licensed professionals.

4) Try for Free

“Sidekickk “is available on Play store and Apple Store now. Hurray Download it FREE!

5) Reach us Or Locate Us

Address

Phone: +91 9112180952

Email: hello@a4agility.com

Address: 403 Gulmohar Symphony,
Phase 1 Kharadi, Next to Reliance Mall,
Pune, Maharashtra 411014, India

6) FAQ

Sidekick App: Frequently Asked Questions

Q1: What is Mission Sidekickk?

Answer: Mission Sidekickk cultivates a dynamic coaching ecosystem where coaches and coachees unite for mutual growth, enhancing both skill refinement and personalized support. At its core, it's a collaborative, goal-oriented process fostering personal and professional development.

Q2: What is the Sidekick App?

Answer: The Sidekick App is a complete platform streamlining and enhancing the coaching experience. It facilitates easy onboarding, connects users with suitable expertise, simplifies the coaching journey, and fosters a supportive environment focused on achieving objectives.

Q3: What is the Holistic Success Toolkit?

Answer: The Holistic Success Toolkit includes strategies to optimize physical well-being (e.g., diet & exercise), enhance mental skills (e.g., mindfulness, learning), and nurture inner drive (e.g., purpose, passion).

Q4: How can an account be created?

Answer: Users can easily create accounts and log in using either email or phone numbers.

Q5: How can a profile be managed?

Answer: Users can update profiles with key details like email, contact number, photo, city, country, and a bio outlining coaching goals (whether teaching or learning).

Q6: How can a coach be found?

Answer: Coachees can efficiently find coaches based on categories like body, mind, or soul coaching.

Q7: How can a coach search be refined?

Answer: Users can filter search results by location (city, country), fee structure (free/paid), and coach ratings to connect with the ideal coach.

Q8: How is a coaching package purchased?

Answer: To purchase a coaching package, navigate to a coach's profile, select the desired package, and follow the in-app prompts for payment. The app simplifies the transaction process, allowing you to choose the package and make a payment seamlessly.

Q9: Will invoices be received?

Answer: Invoices are automatically generated upon the completion of coaching sessions or packages, providing clear financial records.

Q10: How are payments handled on the platform?

Answer: The platform securely holds coaching package fees, protecting both coach and coachee. Coaching fees are automatically divided, clearly defining the platform's commission and the coach's earnings.

Q11: Will coaches receive invoices?

Answer: Invoices detailing payments and deductions are automatically generated for coaches, ensuring transparency.

Q12: How are commissions and payouts managed for coaches?

Answer: The platform automatically deducts its commission from the coaching fees. Coaches receive payments promptly after the platform's deduction, fostering a fair and efficient system.

Q13: How can coaching progress be tracked?

Answer: Coaches can track their progress through coaching goals, moving tasks from "to do" to "in progress" and finally "done".

Q14: How is progress visualized in the app?

Answer: The app clearly displays coaching progress, including inactive, active, and completed statuses.

Q15: How are coaching sessions conducted?

Answer: Coaching sessions can be conducted seamlessly using platforms like Zoom or Microsoft Teams.

Q16: Is there an in-app communication feature?

Answer: A chatbot facilitates easy communication between coaches and coachees, allowing for quick questions, updates, and clarifications.

Q17: Can coaches and coachees rate each other?

Answer: Both coaches and coachees can rate each other on a 1–5-star scale after completing sessions or packages, promoting quality and accountability.

Q18: Does the platform encourage feedback?

Answer: The platform encourages mutual appreciation and positive feedback between coaches and coachees, fostering a supportive community.

Who is a Coachee on Sidekickk?

Q19: Who is considered a Coachee on the Sidekickk App?

Answer: A Coachee on Sidekickk is an individual, 18 years or older, who is looking for support and guidance in navigating personal or professional challenges or seeking growth and progress.

Q20: What drives these individuals to seek coaching?

Answer: They have a strong desire to improve their current situation, overcome obstacles, and achieve specific goals.

Q21: What qualities make a Coachee receptive to coaching?

Answer: They are open to receiving guidance and support, and willing to actively engage with a coach they trust. They are also committed to taking action and embrace the collaborative nature of the coaching process to facilitate their growth.

Q22: Who is a Sidekickk Coach and what do they offer?

Answer: A Sidekickk Coach is a dedicated partner who empowers individuals (coachees) to uplift and transform their overall well-being, encompassing their physical, mental, and spiritual health. They achieve this through a rock-solid coaching approach that provides structure, support, and guidance.

Q23: Who are all different types of Coaches on Sidekickk?

Answer: Sidekickk offers coaching in three main areas:

- Body & Wellness: Includes Coaches like Fitness Coach, Sports Performance Coach, Yoga & Flexibility Coach, Body Confidence Coach, Nutrition Coach, and Sleep Well Coach.
- Mind & Growth: Includes Coaches like Creative Spark Coach, Innovation Catalyst Coach, Money Mastery Coach, and Skill Builder Coach.
- Soul & Well-being: Includes Coaches like Mindfulness & Meditation Coach, Healing & Self-Discovery Coach, and Therapy & Well-being Coach.