

EMOTIONAL WELL-BEING FOR ALL

# Wellness Way 4 U



# OUR VISION

To take emotional well-being mainstream, by building an ecosystem based on the foundation of choice architecture, behavioural change framework, and positive reinforcements & nudges.



- A tech-based emotion response mechanism tool -  
- an EMOTIONAL GYM
- Network of digital events, hobby pop-ups, and  
other rejuvenating interactions (services)  
organised by partners/ solution providers, to help  
people in their emotional well-being journey.
- Connect with health & wellness experts and  
practitioners for consultation, customised content  
and services.



WW4U is the platform to help people on their emotional wellbeing journey by helping them -

**EXPRESS** their thoughts, feelings & emotions

**REFRAME** their perspective with positive nudges

**CHOOSE** their responses

**CONNECT** with their practitioners in real-time





# THE TOOLS



*Inner GPS*



*Design My  
Life*



*My Online  
Guidance  
Hub*



# INNER GPS

What is it? - A response mechanism framework to navigate thoughts/ feelings/ emotions/ situations in a healthy way.

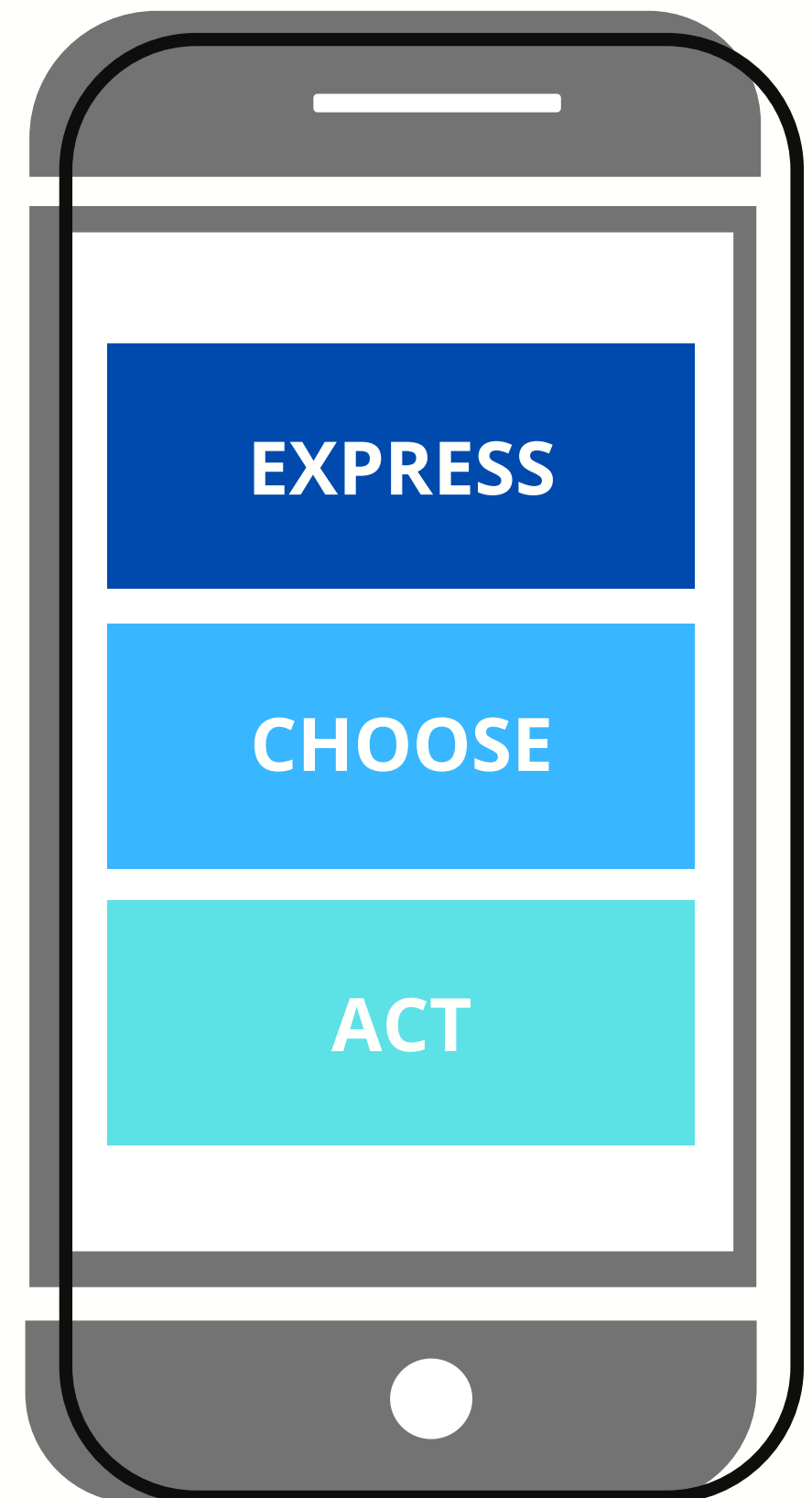
How does it work?

Step 1: EXPRESS - The user inputs their thoughts/ feelings/ emotions and identifies the cause(s).

Step 2: CHOOSE - The tool presents the user with tailored possibilities, perspectives, activities relevant to the context that they can select/ engage with to reframe their thoughts and responses.

Step 3: ACT - Plan the next steps (DESIGN MY LIFE), set (achievable) goals, put the event on the calendar, collaborate with friends/ family, connect with their practitioner (ONLINE GUIDANCE HUB).

A reliable framework for people to manage their thoughts/ emotions/ feelings through curated content, and services from experts.



# DESIGN MY LIFE

What is it? - A DIY (Do-it-yourself) framework to make change possible with the right resources, prompts, and guidance.

How does it work:

**Step 1: VISUALISE** - The user will input the goal/ change aspect they want to work on. This could also be one of plan of actions from Inner GPS.

**Step 2: PLAN** - The tool presents the user with prompts and resources relevant to their goal. The user can then include goal markers -- place, time, duration, deadline, support group, and more.

**Step 3: TRACK**- Track progress, stay inspired on the journey with our resources, and collaborate with your practitioner.

A DIY change enabler that combines vision, action, and inspiration to drive positive change.



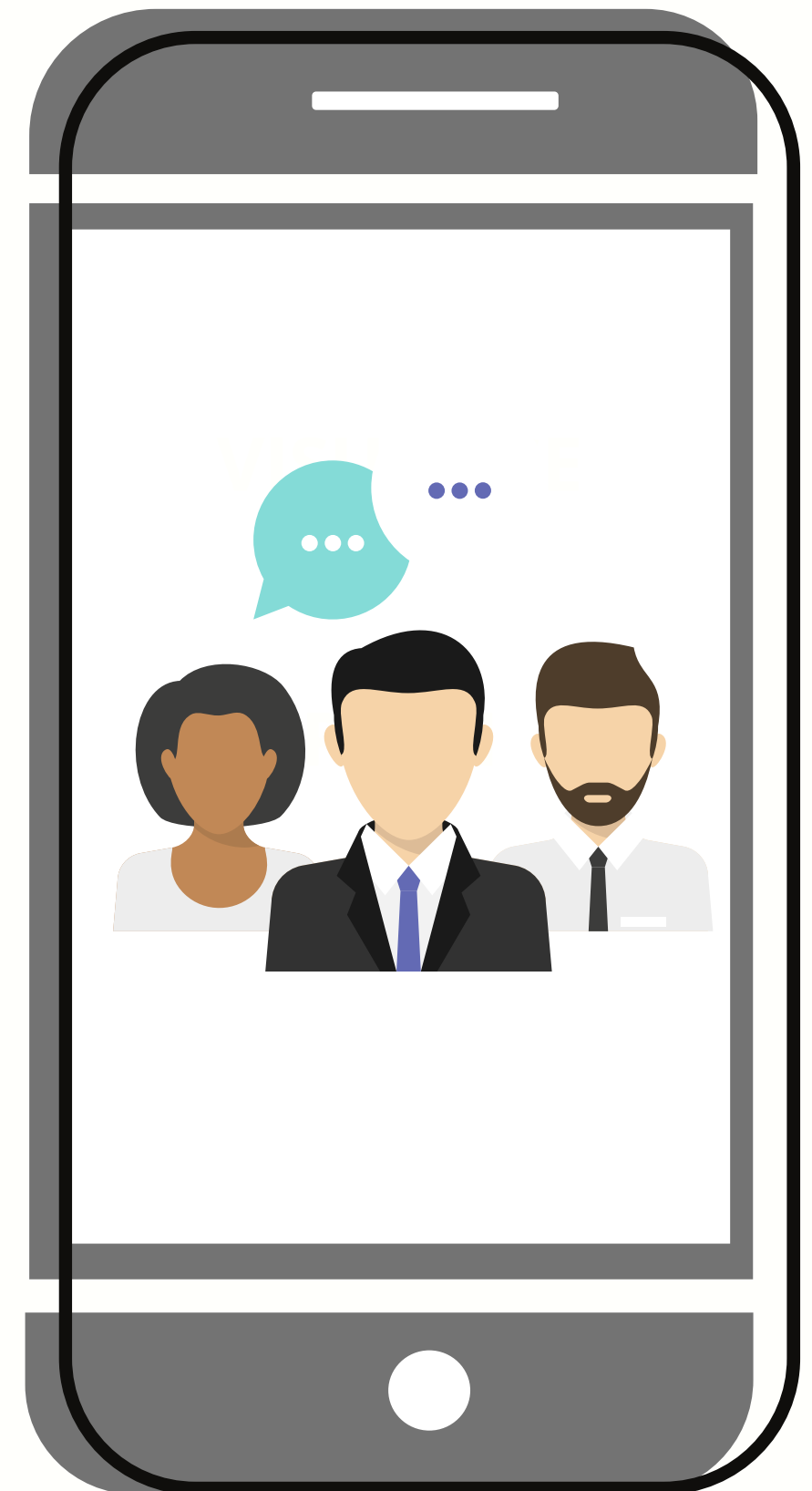
# ONLINE GUIDANCE HUB

What is it? - A platform for live user-practitioner interaction. A channel for practitioners to actively support users on their well-being journey.

How does it work:

- Users can activate their panel of advisors by inviting them to the platform
- User can share their change goals (from DESIGN MY LIFE) with their adviser and collaborate to achieve them.
- Start conversation threads based on specific topics/ issues/ challenges, or initiate a follow up interaction based on any previous event/ webinar by the practitioner.

A one-stop interaction platform to drive focused, real-time interaction between practitioners and users.





# Let's connect

WE WANT TO HEAR FROM YOU!

## Email

[support@wellnessway4u.com](mailto:support@wellnessway4u.com)

## Website

[www.wellnessway4u.com](http://www.wellnessway4u.com)

## Phone number

91-8655018341