



# wellavi

GUIDING PEOPLE FROM BURNOUT TO BALANCE

Wellavi is a comprehensive coaching platform focused on your mental well-being and personal development. We take a whole-person approach to supporting your mental health, both inside and outside the workplace.

Designed to help you achieve balance and harmony in all areas of life (not just work!), our Six Dimensions of Wellness form the framework of everything we do. Get ready to build skills and gain tools to form deeper connections, delivered in a convenient yet trustworthy digital format.

Through 1:1 online coaching, you can tackle any challenge in private sessions with someone who really "gets it." Wellavi's proprietary TrueSelf™ assessment helps reveal insights about you to deeply personalize your wellness journey.



## The Six Dimensions of Wellness, *Simplified!*

### **PROFESSIONAL WELLNESS**

(your sense of work satisfaction)

### **MENTAL HEALTH WELLNESS**

(your psychological and emotional wellness)

### **SOCIAL WELLNESS**

(your support systems and sense of belonging)

### **FINANCIAL WELLNESS**

(your & your family's current and future security)

### **INTELLECTUAL WELLNESS**

(your talent, creativity, and curiosity)

### **PHYSICAL WELLNESS**

(your physical activity, diet, and current lifestyle)



## Your Personal Wellness Insights Revealed

Elevate your FutureSelf with the best coaching for your needs!

The TrueSelf whole-person wellness assessment is a psychological tool for self-improvement developed across 20+ years of clinical practice by the psychologist and sociologist Dr. J. Mensing.

TrueSelf is designed as a self-test that suggests the best fit for wellness coaching and programs based on your own cognitive and emotional needs and desires, leading to concrete coaching for optimal self-development.

Find out what you truly need to reach your full potential for unique personal growth with TrueSelf.

Structured interviews to dig deeper into how you're feeling are sometimes invasive, expensive, and time-consuming.

Wellavi's proprietary TrueSelf is a self-guided assessment that delivers highly relevant insights to be used for self-improvement.

### Get Ready To Experience:

- Greater clarity about life challenges
- Better management of stress, depression, and anxiety
- More confidence in problem-solving abilities
- Higher self-discipline and self-esteem
- Quality of life improvement





It's Your Daily Motivation...

**ALL IN ONE PLACE**



Wellavi is an all-in-one app that works as your daily support system. Instead of using different apps for coaching, wellness, fitness, diet, and nutrition (the list goes on!), Wellavi combines all of these functions, giving you one place to go for whole-person support.

Our integrations with wearable devices will synchronize your data across devices, allow you to set goals, and Wellavi will suggest content (articles, tips, videos, and tutorials) to help you achieve them, provide social sharing to communicate your accomplishments, create challenges and earn badges through gamification, and help you engage with the broader Wellavi Community. The Community is there to support you, challenge you, and celebrate your victories!

## New to the idea of having a coach?

### **LONG STORY SHORT:**

Life is hard! Many people choose to reach for additional support to not only survive but thrive.

Private coaching provides you with a judgment-free zone to field ideas and practice new skills to help you perform at your fullest — personally, professionally, and financially.

### **BONUS!**

Unlike other digital platforms, we ensure that all of our coaches are certified, so you know you're getting the best of the best.



## HOW IT WORKS.

Sign up on the Wellavi app or website and create your profile.

Take our proprietary TrueSelf assessment, which identifies your unique wellness needs based on the Six Dimensions of Wellness.

Get matched with a certified coach based on your wellness needs OR hand-select your ideal coach from our Marketplace.

Schedule your first private session with your coach to work on any or all of the Six Dimensions that you want or need!

After your first session, you can pay, schedule, and receive ongoing coaching, all conveniently located on the Wellavi platform.



**Get ready to see  
REAL change.**

Wellavi's goal is to improve the quality of life for millions of individuals around the world! Ready to get started? We are currently welcoming a select number of individuals to participate in our prelaunch.

Visit our website to learn more at:

**WWW.WELLAVI.COM**