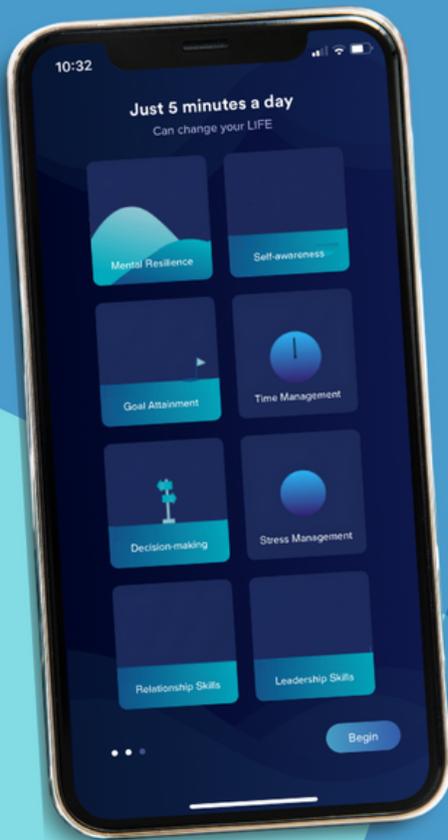


LIFE 

Intelligence

Team wellness & development:
To do and feel your best, together.



Just 5 mins a day can **CHANGE YOUR LIFE**

9 steps to manage stress & anxiety,
improve work productivity, build
lasting relationships.

LIFE Intelligence is one app to support employees in every aspect of their LIFE: for self, career, and relationship success. Our comprehensive wellness + development resource provides the breadth of therapy and coaching, all at a Headspace time/price. Saving companies significant time and cost, at improved productivity and well-being outcomes.

BACKGROUND

COMPANY PROFILE

LIFE Intelligence is an early-stage telehealth and education technology startup that is proud to do a lot with a lean and remote team. Our goal is to help you and your employees also do more with less: saving you time and resources, while making employees the most efficient, intentional version of themselves.

OUR STORY

Jasmine Chen
Founder and CEO

After Princeton, Harvard Business School, and years of finance, I was disappointed to see many high-achievers still struggle with stress, career, and relationship issues. I created LIFE for professionals who (1) are intent on solving, not just calming stress, and (2) want a relatable resource that can speak to common issues we all experience in life. LIFE is intended for entire companies to learn shared coping and communication skills. So all can better contribute, collaborate and connect.



Do your best with a complete leadership and soft skills training covering hundreds of topics on resilience, goal-setting, time-management, decision-making, social influence, relationships, conflict resolution, and leadership.

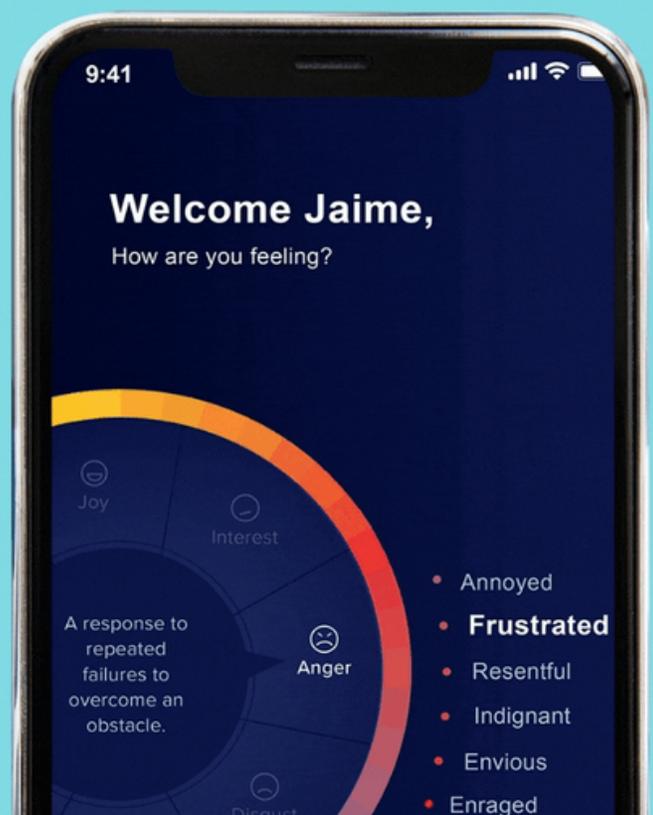
Feel your best with immediate emotional management exercises. From hard conversations to cognitive behavioral therapy, coaching & therapy snippets help employees reflect, cope, problem-solve, and communicate.

COACHING + THERAPY CONTENT TO DO AND FEEL YOUR BEST

Master your Mood

MANAGE YOUR LIFE

your pocket problem-solver for every situation



CASE STUDY

Pete Mickartz, a Senior Sales Director at Beyond Pricing, saw LIFE as a tool to improve morale, communication skills, and teamwork.

MESSAGING:

Pete got buy-in from his team by introducing LIFE in this way: "I care about you and want to invest in your success and development. I found this cool new app called LIFE that's a cognitive training for leadership and wellness. It's a bit out of the box, but it's helped me and I think it'd be great to do as a team. It is up to you, but I think you'll get a lot out of it."



CADENCE

Pete asked his team to complete 1 Mission per month in their own time. Then, he scheduled luncheons at the completion of the 3rd, 6th, and 9th missions to discuss.

DISCUSSION:

Pete opened it up by simply asking what people thought of the material. After one person began, he would go around the circle to get everyone's thoughts.

I have never seen my team open up like that at any company I've been part of.
Amazing.

- Pete Mickartz



RUNNING TEAM DISCUSSIONS

- Designate a person (ideally the team leader) to organize and moderate
- Set meetings to discuss LIFE in advance
- Send reminders a week prior to meetings to come prepared
- Sharing is optional, but going around in a circle helps everyone get involved
- During discussions, try not to comment on the person's comment. Often we'll be tempted to give advice or follow up with questions. This can lead to a few people dominating the conversation, or, make the person feel self-conscious. Just actively listen, nod in encouragement, thank them for sharing, and move on.
- "What were some of your takeaways" or "What did you think of Mission 3" helps the conversation develop organically. Other suggested prompts below.

Missions 1-3

- (1) How can you apply these strategies to work or personal life?
- (2) Do you want to share what you wrote about in your life story?
- (3) What personal or work values or goals did you write about?

Missions 4-6

- (4) Do you feel comfortable sharing a regret, and how you worked through it?
- (5) How did the material help you think through any decisions you're facing?
- (6) What moments stress you out at work? How do you support/like to be supported?

Missions 7-9

- (7) How can we apply these concepts to work, and supporting one another?
- (8) Have you seen any these conflict strategies in action (negative or positive)?
- (9) What motivates you at work? How have you seen emotional intelligence modeled?



April 2, 2021

Prepared for New Women New Yorkers

life intelligence inc.