

say  
hello driven

## THE AI-POWERED RESILIENCE COACH



### ENGAGING

Driven is an interactive AI-powered coach that chats with you to improve health and wellness



### INSTANT HELP

Driven is there with a moments notice, for when you feel stressed or need to calm down.



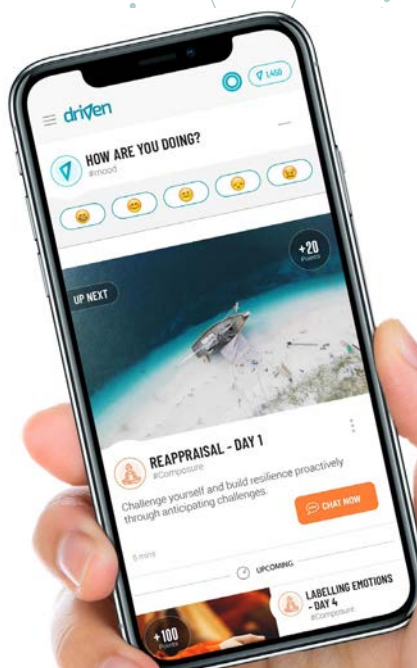
### ALWAYS THERE

Driven is always there, ready to chat. An authentic coach that doesn't judge.



### YOUR RESILIENCE GURU

Learn and grow with over 200 daily chats, videos and resources that build resilience.



## DRIVEN IS AT THE FOREFRONT OF RESILIENCE DEVELOPMENT

Driven represents a new evolution in training delivery. It's about driving the right behaviours through conversation and helping people to become driven to achieve their own goals.

driven

Driven - [HelloDriven.com](https://www.hellodriven.com)

Contact us for a demonstration and further information - [info@hellodriven.com](mailto:info@hellodriven.com)

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driven uses an interactive **AI-powered coach** to help individuals **succeed** through the ever-changing and uncertain environment we live in

Interact with **your virtual coach** through a user-friendly chat interface. There are over 200 micro-boosts which form a **comprehensive resilience training** manual to improve your overall resilience.

## BACKED BY SCIENCE

Driven has been designed using a scientific approach.

- Our indepth research of the neuroscience of resilience helped us design the PR6 resilience measurement course structure.
- Peer-reviewed research conducted with the PR6 itself have found a high internal consistency score of 0.8398, establishing it as suitable for clinical applicaiton.
- We gained valuable insight into the resilient areas of the brain which allowed us to test, measure and improve these areas through targeted training.
- The daily chats with Driven use techniques to improve the formation of new neural pathways. This induces a long term behavioural change for resilience.

## TARGET PARTICIPANTS

This is an all-round resilience development course that is ideal for:

- Professionals in every sector
- Leaders and Executives
- High School and Tertiary Students
- Professional athletes and sportspeople

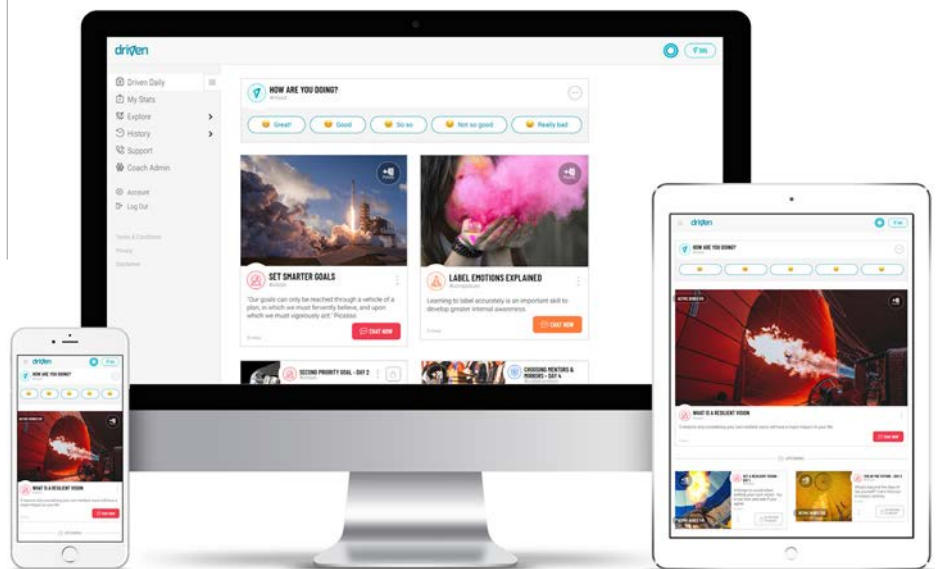
The program is ideal for individuals and groups or teams, with additional functionality available to service larger corporate clients.

## PR6 PSYCHOMETRIC ASSESSMENT

- The PR6 is an industry leading, efficient psychometric measurement of resilience.
- Participants take a short questionnaire, where the PR6 identifies and measures resilience across 6 crucial domains.
- The PR6 includes a predictive, forward looking factor which helps identify the need to future resilience development.
- The PR6 is designed with simplicity and userbility in mind, with interactive activities and easy, actionable reporting.

## PROGRAM STRUCTURE

- Driven kicks off through a **virtual invite** that instantly gets you started.
- The PR6 is a short and effective **resilience measurement** taking only 3 minutes to complete.
- Based on your scores, a self-paced **tailored training course** starts, prioritised to your needs with short daily resilience micro-boosts.
- Following initial progress, a **re-measurement** can be scheduled to track progress.
- **Group reporting** shows aggregated results and track benefits across stratified levels.



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# Resilience is an increasingly important skill to have in today's climate of change



First it was IQ, then it became EQ. Now there is increased importance on RQ.

## The Resilience Quotient

These skills are increasingly needed by people at all ages and all life stages. As change accelerates, people need the mental skills to thrive despite adversity.

This why Driven is specifically designed as a scalable resilience development platform that measures and tracks results.

## INDIVIDUAL OUTCOMES

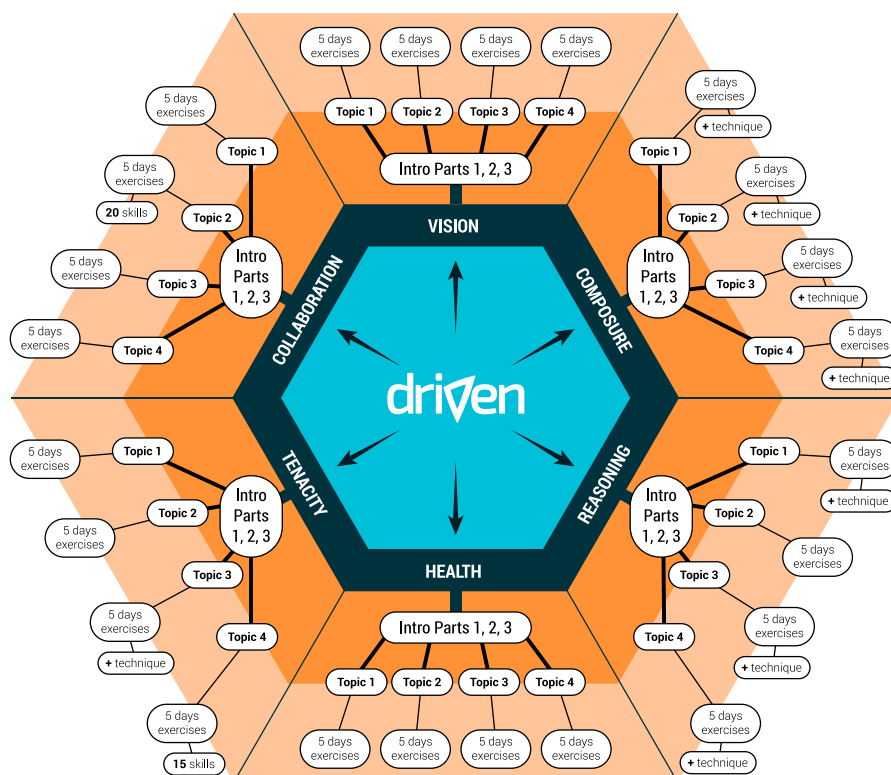
Driven has helped thousands of people around the world:

- Build confidence
- Turn change into opportunity
- Gain personal insight
- Build stronger relationships
- Bring goals into reach
- Connect with meaning

## NEUROSCIENCE-BASED 6 DOMAINS OF RESILIENCE

There are six key modules which Driven focuses on to build lasting resilience:

- **Vision:** Goals, self worth, personal values.
- **Tenacity:** being optimistic through adverse situations and dealing with ambiguity through persistence.
- **Health:** Exercising regularly, eating whole, nourishing food and sleeping well.
- **Reasoning:** Being resourceful, adapting to change and problem solving.
- **Collaboration:** Working with others, in work and life, creating networks of support.
- **Composure:** Regulating and understanding emotions. Learning techniques to cope with stress.



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