

Achieve It Coach

Your 24/7 personalized coach tailored to your unique needs and preferences, helping you overcome your life's obstacles and achieve your goal



OUR TEAM



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Psychology + Neuroscience



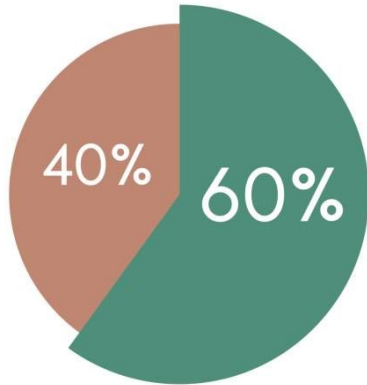
Niyata Gupta

UX Designer

PROBLEM & PAIN POINTS

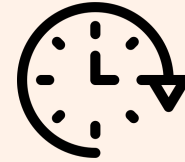
WHO

Can't access mental
health care when
they need it



WHY

Unavailable:
6-12 months
waiting

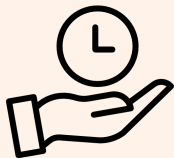


Too expensive
(€100-300)



OUR SOLUTION

Our AI life coaching experience provides on-demand support to help people overcome life's obstacles and achieve their goals, enabling continuous progress through perpetual guidance tailored to their unique needs.



Available 24/7
Whenever, wherever



Much more
affordable



Personalized
to your needs and
preferences



Safe
(Thanks Anthropic!)

OUR USP

GROW
Coaching for
Performance

ICF
Code of Ethics
Core
Competencies

Client Focused
Personality

WHY ANTHROPIC?

PROMPTING


Drawing on over five years of professional coaching experience, our AI coach is imbued with coaching capabilities


1. Establishing a coaching persona and framework from the outset
2. Imbued with detailed instruction on how to act
3. Adaptive learning based on the direction of the coaching conversation
4. Multi-Prompt Chain of Thought Reasoning
5. Generates and Selects responses based on multiple factors to give the best results

DEMO


```
As a skilled coach, determine the optimal response by taking into account:  
- The latest input from the client  
- Client Goals & Action Items  
- Previously posed questions  
- Strategy and Plan: Current Coaching Phase, and adherence to ICF Ethical " Behavior and ICF Core Competencies.  
- Select only one response and disregard all others.  
- Ignore all questions with more than one question.  
Your response should seamlessly integrate into the ongoing narrative, therefore, output it verbatim. Be cautious to progress methodically, avoiding  
Responses: Here are five potential responses:  
1. It sounds like losing weight before summer is an important goal for you. How much weight would you ideally like to lose?  
2. Let's start by defining a specific, measurable goal. What would you consider a realistic yet challenging weight loss target by summer?  
3. Having a clear number in mind will help keep you focused and motivated. What weight do you think would make you feel confident in a bathing suit?  
4. Setting an attainable goal is key to success. What is the maximum amount of weight you feel you could healthily lose over the next few months?  
5. Understanding your current weight will help establish a goal. May I ask what your starting weight is as we determine the right target for you?  
> Finished chain.  
> Entering new LLMChain chain...  
Prompt after formatting:  
Your job is to repeat precisely what is in 'selection'. Do not answer for me and do not narrate or comment. Thank you for sharing these potential re  
is, my response would be:  
"Let's start by defining a specific, measurable goal. What would you consider a realistic yet challenging weight loss target by summer?"  
> Finished chain.  
Client: I want to lose some weight before summer begins  
Plan: Here is my analysis based on your input:  
Client Goals & Action Items: Lose weight before summer begins  
Sentiment Analysis: Positive sentiment towards achieving weight loss goal  
Coaching Strategy & Plan:  
- Focus on setting a clear, measurable goal  
- Explore current habits and barriers to weight loss  
- Brainstorm options for diet and exercise plans  
- Create an actionable plan with next steps
```

MULTI-PROMPT CHAIN OF THOUGHT


 **Achieve It Coach**




What would you like to talk about?




I need to lose some weight



Let's start by defining your ideal outcome in terms of both weight and how you'll feel physically. What numbers and non-scale victories come to mind?



being able to run a 5k would be awesome



That's great that you want to run a 5k! Having a clear fitness goal can be very motivating. What date did you have in mind for the race?

STREAMLIT DEMO

TOOLS USED

ANTHROPIC

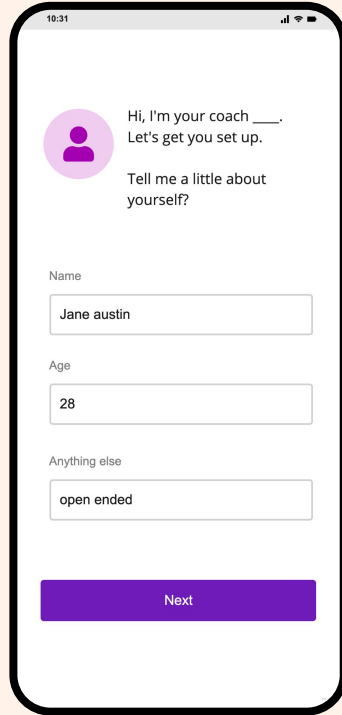


LangChain



Streamlit

PHASE 2 AND FUTURE



10:31

Hi, I'm your coach ____.
Let's get you set up.

Tell me a little about yourself?

Name

Jane austin

Age

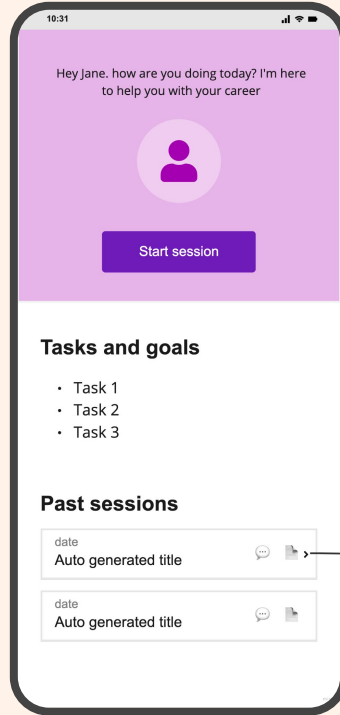
28

Anything else

open ended

Next

Account creation and profiles



10:31

Hey Jane, how are you doing today? I'm here to help you with your career

Start session

Tasks and goals

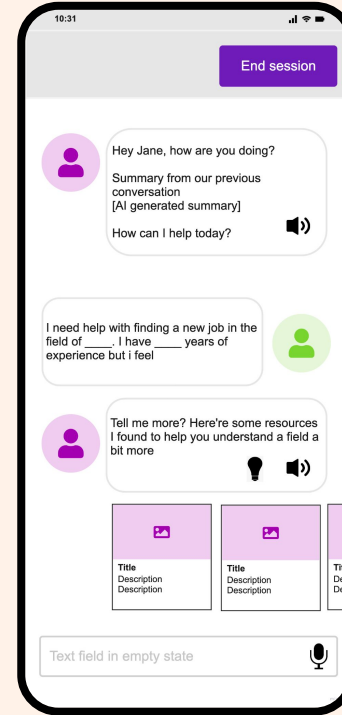
- Task 1
- Task 2
- Task 3

Past sessions

date Auto generated title

date Auto generated title

Parsing goals, task and saving history



10:31

End session

Hey Jane, how are you doing?

Summary from our previous conversation
[AI generated summary]

How can I help today?

I need help with finding a new job in the field of ____ I have ____ years of experience but I feel

Tell me more? Here're some resources I found to help you understand a field a bit more

Text field in empty state

More assistance and smart suggestions

Target Users & focus

Clinical: Depression, suicidal, trauma,
abuse, self-harm, etc

30% of population

Subclinical: Burnout, anxiety, relationship issues, sleep
issues, stress, quarter-life crisis, etc

60% of population

Healthy: confidence, self esteem,
productivity, emotional wellbeing

10% of population