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

Carter Leffen

Professional Coach
Prompt Engineer
New York, NY

Moiz Sajid

AI Engineer

Wilbert Osmond

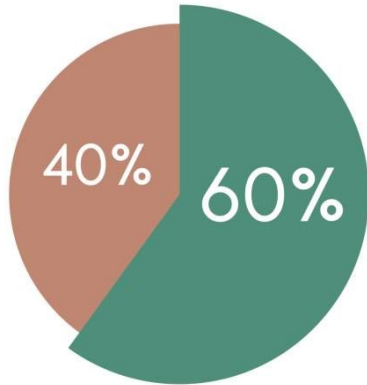AI Engineer & Product Manager
Psychology + Neuroscience

Niyata Gupta
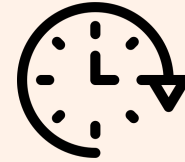
UX Designer

PROBLEM & PAIN POINTS

WHO

Can't access mental health care when they need it

40% 60%

WHY

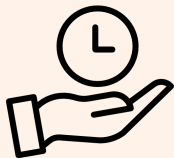Unavailable: 6-12 months waiting

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

MULTI-PROMPT
CHAIN OF THOUGHT

STREAMLIT DEMO

TOOLS USED
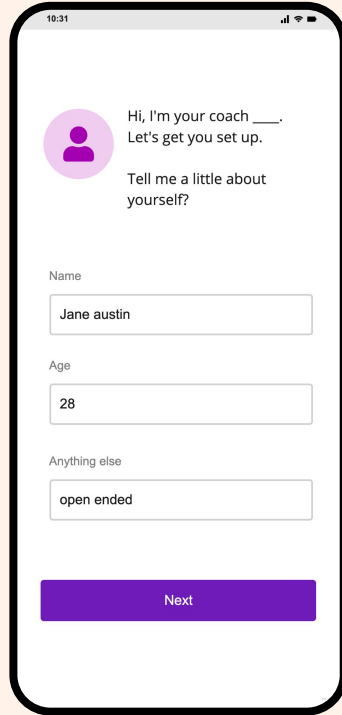
PHASE 2 AND FUTURE
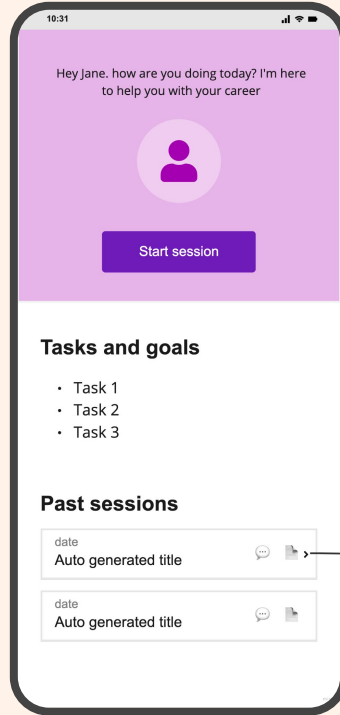
Account creation and profiles
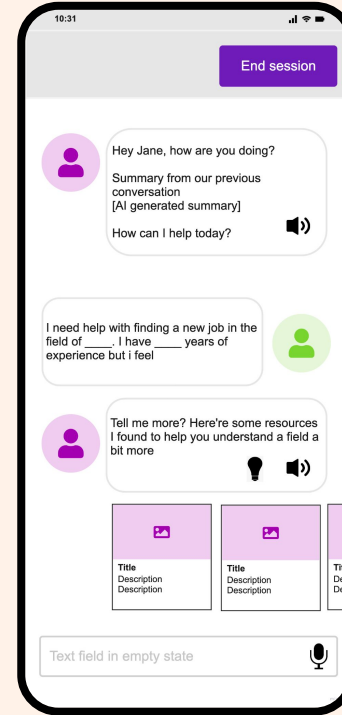
Parsing goals, task and saving history

More assistance and smart suggestions

Target Users & focus

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

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

Healthy: confidence, self esteem, productivity, emotional wellbeing

| 30% of population | 60% of population | 10% of population |