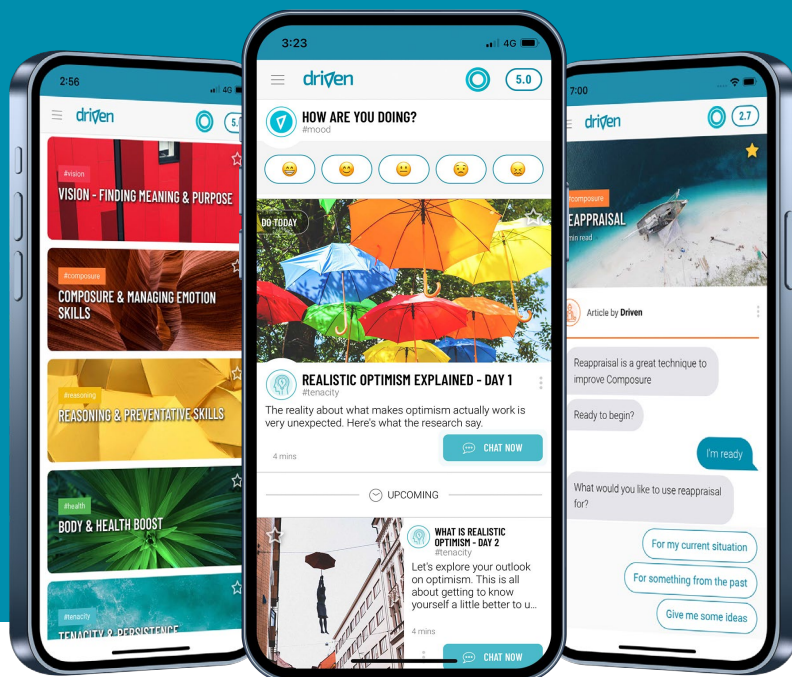


# BUILD YOUR RESILIENCE

Driven is your **virtual resilience coach**, helping you stay motivated and reach your goals, regardless of life's challenges!



## LEARN EVERY DAY

The Driven Resilience App uses a unique virtual coaching approach, becoming your personal resilience expert that's always on.

**5-minute daily activities** helps you make time to learn and practice new skills that are proven to build resilience. You'll notice being:

- More confident personally & socially
- Clear about your goals and future
- More equipped to manage high stress
- Able to build a stronger support network



## ENGAGING & FUN

Chat, read, watch. Driven is a visually beautiful experience enhanced with a unique narrative design



## INSTANT HELP

Feeling stressed? Need to calm down? Driven helps with useful techniques when you need it



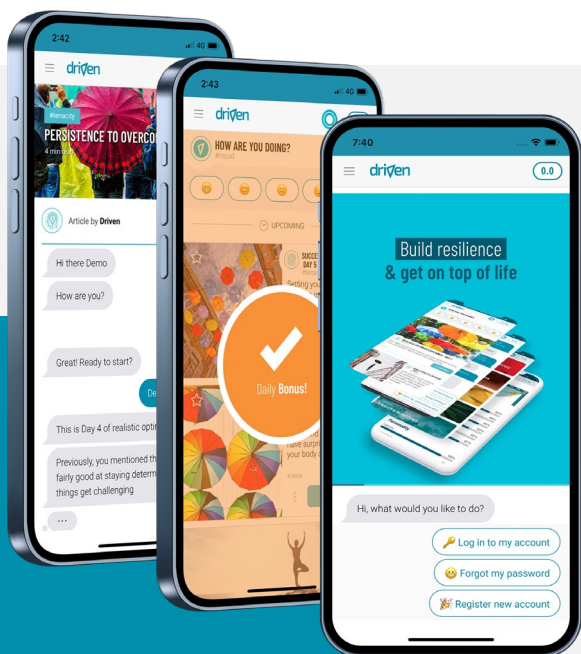
## PEER-REVIEWED

Published research show how Driven helps build resilience through short daily training, building new neural pathways\*



## YOUR DAILY GURU

Learn something new every day through short daily activities and track your progress over time



## THE RESEARCH

Based on the Predictive 6 Factor Resilience Model (**PR6**), the Driven app is proven to build resilience over time. Our research shows that reaching a **score of 85%+ measured by the PR6 is when resilience becomes protective**. This is when we are **truly resilient\*\***.

\*Rossouw, J.G., Eriqau, C.L., & Beeson, E.T. (2019). Building resilience through a virtual coach called Driven: Longitudinal pilot study and the neuroscience of small, frequent learning tasks. *International Journal of Neuropsychopharmacology*, 7(2), 23-41.

\*\*Rossouw, J.G. (2021, November). National Resilience Index Australia 2021. [hellodriven.com](https://home.hellodriven.com/articles/national-resilience-index-australia-2021-report/)

**driven**  
RESILIENCE  
driv.ai/app

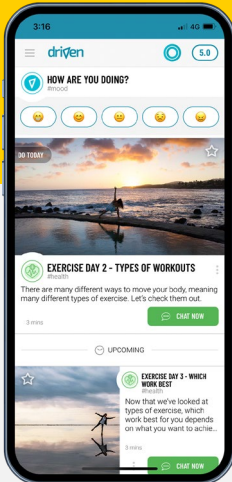




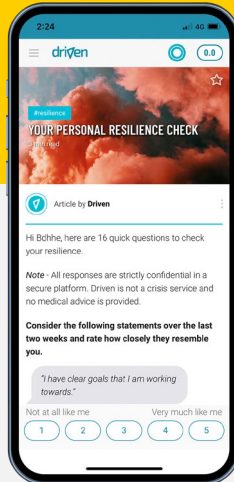
# INVEST IN RESILIENCE

Just as exercise helps train your body, Driven's resilience exercises train your brain. **This is the path to mental fitness.**

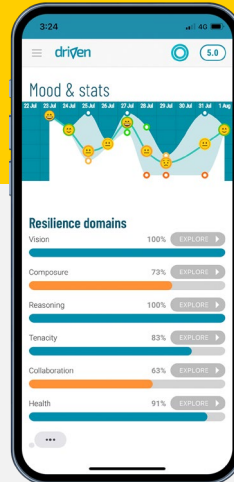
**Fast & helpful**  
- Learn in 5 minutes a day



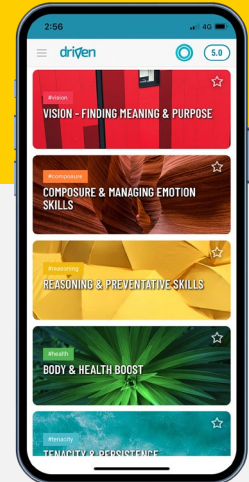
**Check your resilience levels**



**Track your progress as you learn**



**Explore over 700 activities and courses**



## COMPREHENSIVE CONTENT

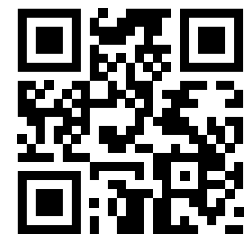
- Sleep assistance with meditations & sounds
- Depression, Anxiety and Stress psychoeducation & essential psychological first aid skills
- 14 day Cognitive Behavioural Therapy-style course
- Big 5 Personality Assessment
- High Adversity Resilience Training (HART)
- Mindfulness techniques with guidance
- Advance to become **Resilience First Aid Certified**

## TAP TO TALK, ANYTIME

Driven is a virtual coach and friend that is **there any time you need to talk**. The Driven chatbot allows you to check in and track your mood and use that to offer to help in various ways, including:

- Help you calm down when feeling stressed or upset, or even just need to chat
- Help to deal with grief and loss
- Detect mood through AI to determine which intervention might help
- Determine if more help is needed, then signposting to crisis helplines and other resources

**Scan to download and register your profile and get started!**



**Driven Resilience App**

[driv.ai/app](https://driv.ai/app)