Tell me about the personalised plans?

The plans have been developed by clinicians from the fields of medicine and psychology, replicating what would be suggested by a clinician in a face-to-face session.

POWR will identify your strengths and will encourage you to maintain these positives. Any challenges to your emotional wellbeing at home and at work are also identified. You will receive a unique behaviour management plan containing practical daily exercises to improve what POWR sees as challenging.

The plans include a wide array of proven simple exercises and techniques to assist you with your wellbeing, including light physical exercise, mindfulness, breathing and reflection tools. The plans are enjoyable and easy to complete.
1. To re-cap: answer the questions in all six paths

2. Receive your POWR score

3. Which will generate a personalised behaviour management plan for you

4. ...then you complete the recommended plan

5. ...and can retake that POWR path to see if you have improved