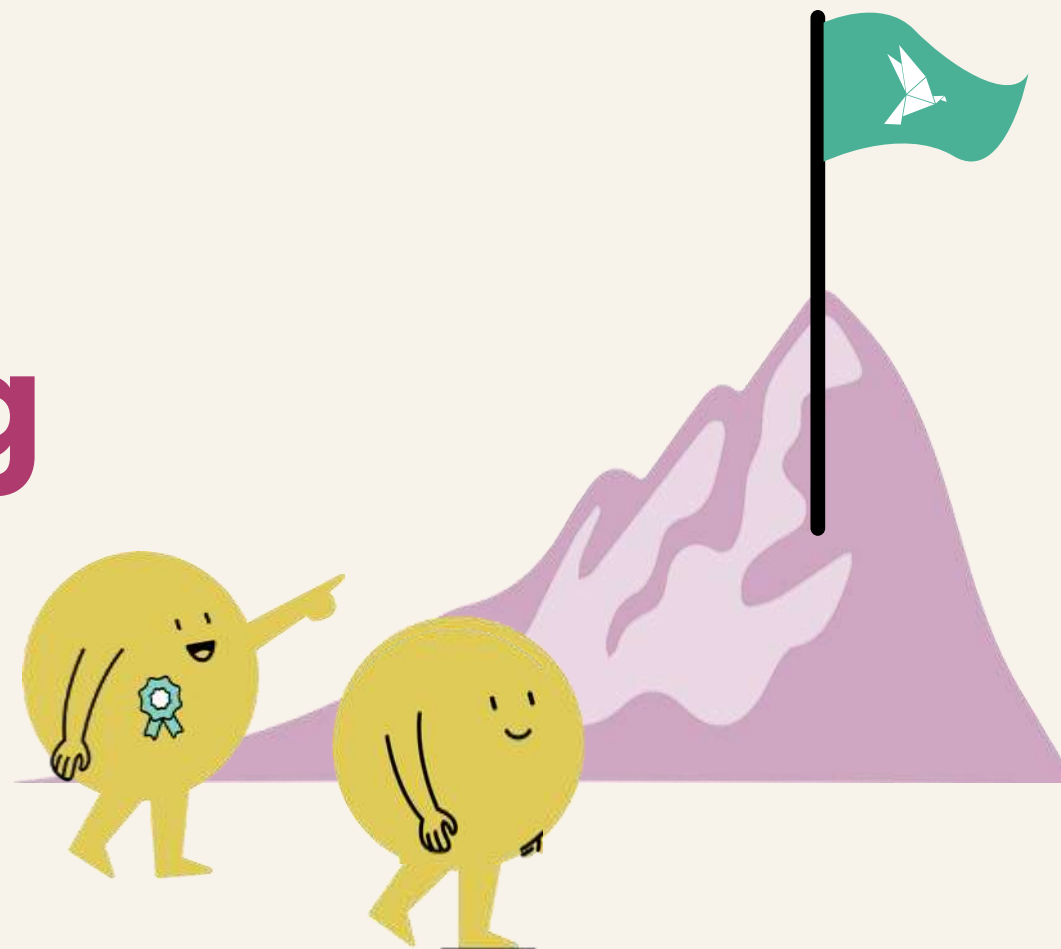


A warm hello from the Inuka team!



Let's together create
**Your wellbeing
legacy**

And prevent dropouts, burn-out & loss of talent



sQula

SUSTAINER
HOMES

De Zorgcirkel

VIE People

TOMMY
HILFINGER

inshared

DELA
voor elkaar

cK
Calvin Klein

amref
health africa

AMNESTY
INTERNATIONAL



POLITIE

pwc

PHILIPS

futurewhiz



KIT
Royal Tropical Institute

FLYNTH

Spoiler alert: we know everyone is (super) busy 3

So Inuka cost (very) little time



Yet gives real, measurable results!

Inuka's Mission

Everyone resilient

By making top quality coaching with measurable outcomes accessible to all!



Employees struggle, which costs time & money

5

1. Resilient

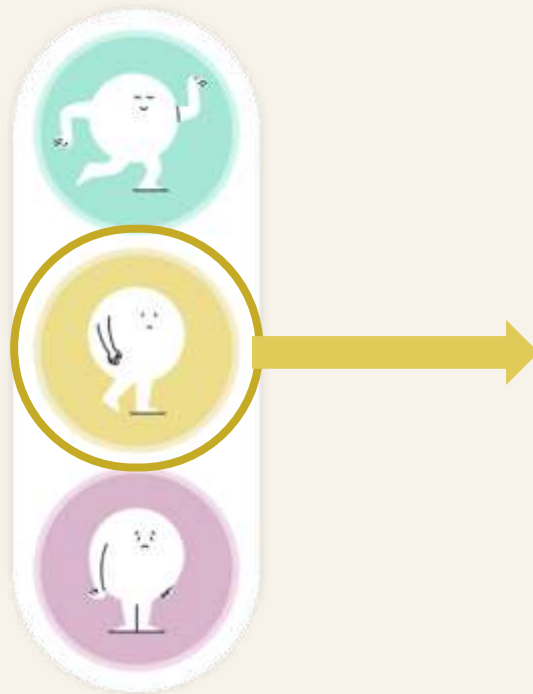
This group is capable of dealing with their own issues.

2. At-risk (~20-25%)

These employees are less productive, more negative, and more often sick.

3. In danger (~1-2%)

These people are close to experiencing a burn-out.



- **Productivity:** >25% struggles with depression, anxiety and sleep, impacting productivity & energy ([nature, 2021](#))
- **Turnover:** 75% of workers under 30 have left their job for psychological reasons ([GALLUP, 2019](#))
- **Absenteeism:** at risk employees have on average 8 more sick days a year ([TNO, 2019](#))

The majority does not seek help, also often when the company offers a lot of support

6



> 50%
of employees do
not seek help

Too busy

Due to lack of time, too many options and chaos in the mind.

Shame

Due to stigma, employees often do not dare to discuss challenges with a manager.

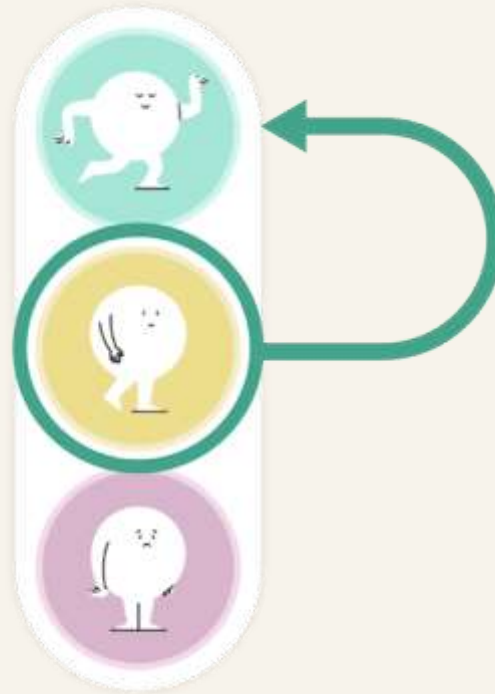
Can't find help

Help is often hidden behind sharepoints, (HR) managers and long waiting times

Inuka's goal: reach people earlier

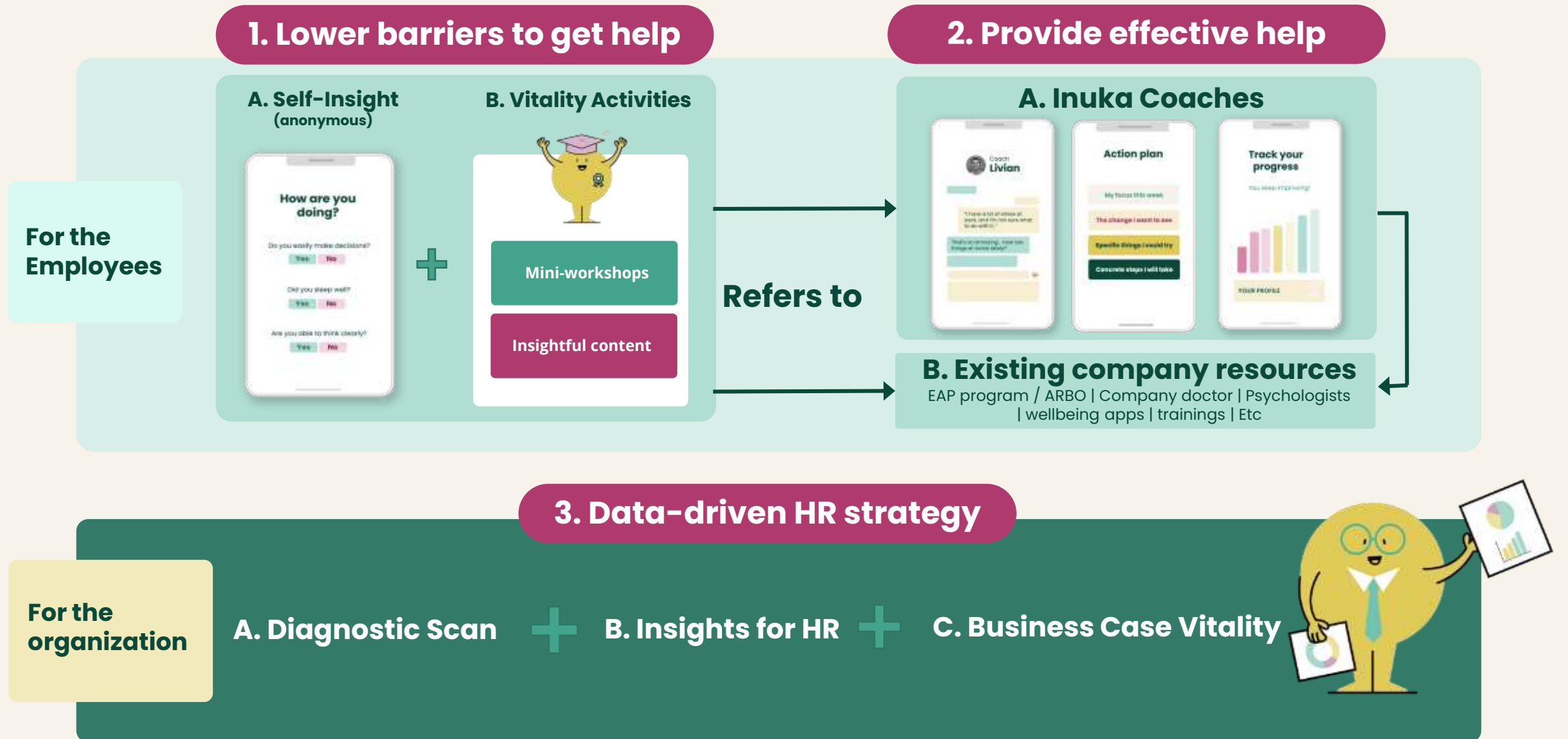
7

1. Identify employees '**at-risk**' for drop-outs, burnout and turnover.



2. Coach them back to being **resilient**: more productivity and positivity.

3 short, powerful steps to prevent employee dropout ⁸



For employees: accessible top-quality coaching to feel better in short, powerful steps

9



Proven coaching method: >70% at-risk employees back to resilience

(Cambridge global mental health journal, 2021)



7+ languages



High-quality coaches, trained on ICF-certified training

The gold standard in coaching

REVIEWS

Coach rating (1539) – 4.8



App rating (1535) – 4.6



For management: useful data-driven insights

10

**Your employees
scores** (per department):



*These scores indicate your
organisation is xxxx industry
benchmark*

Themes arising from coaching conversations (n=xx)

Private challenges

Big Life Transitions (moving / baby / marriage)
Family challenges: children / mantelzorg / fights
(Romantic) relationship challenges
Socioeconomic challenges
External events: Covid / War

Work challenges

Challenges with managers and colleagues
Career management & expectations
Boundaries (work-life balance)
Bullying & (sexual) intimidation
Productivity (Time management / Procrastination / lack of motivation)
Too high (perceived) workload

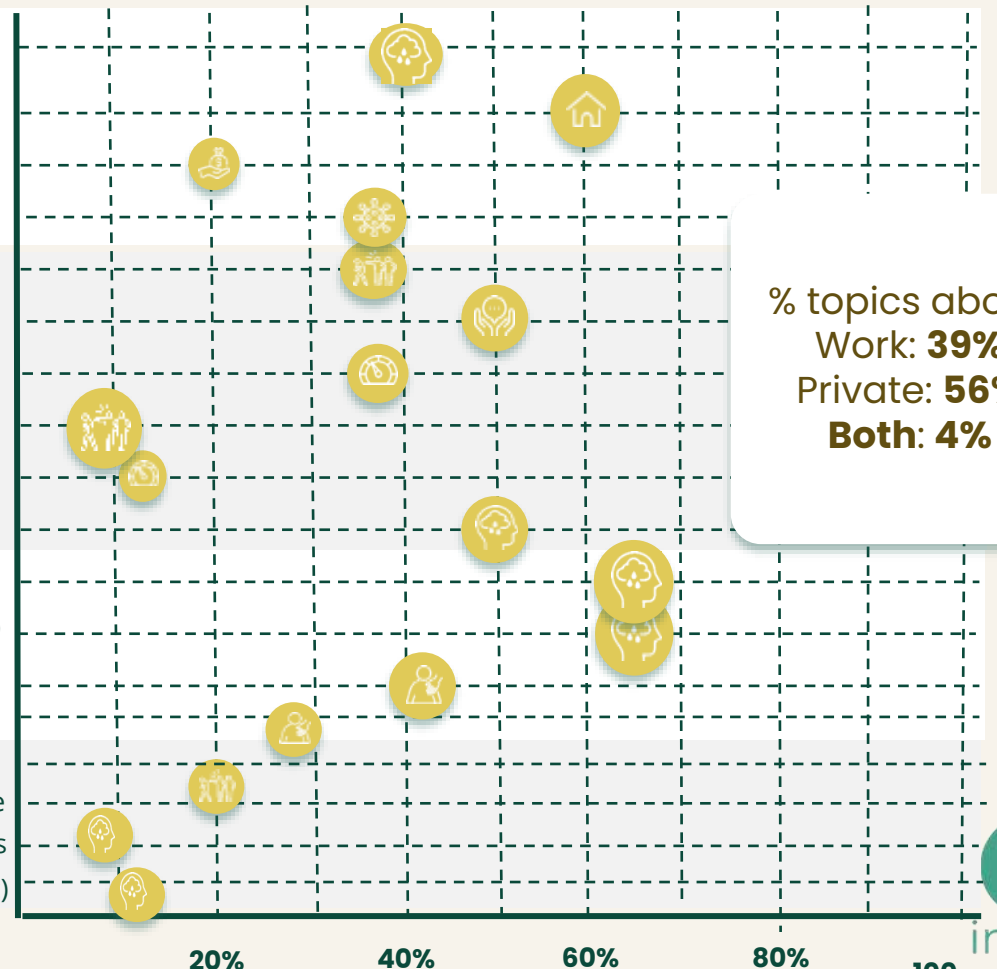
Emotional Health

Coping with negative emotions (anxiety)
Coping with negative emotions (depression)
High expectations / perfectionism
Feelings of loneliness

Physical Health

Sleep
Alcohol / drug use
Trauma / Diagnosed challenges
Disease (RSI, overweight, chronic illness, etc)

% of conversations mentioned



% topics about:
Work: **39%**
Private: **56%**
Both: 4%

Simple, affordable pricing

11

Base

Unlimited coaching
30 mins per session

€ 25

Per employee per year

Included

- Diagnostic self- and organization scan
- Anonymous chat based and video coaching
- Results reporting
- Online vitality workshops (open for all base customers)
- Self-help & vitality content for employees
- Activation pack (folders, posters, e-mails, templates)

Goal:

- Have the basics of wellbeing in place

Well-being Partner

Unlimited coaching
60 mins per session

€ 35

Per employee per year

Everything of base, plus:

- Diagnostic scan per department, pre- and post & benchmarking
- ROI / business case support
- Activation planning and execution guidance
- Vitality workshops tailored to your organisation

Goal:

The best quality support for your employees and you

Strategic Partner

Unlimited coaching
60 mins per session

€ 45

Per employee per year

Everything of wellbeing partner, plus:

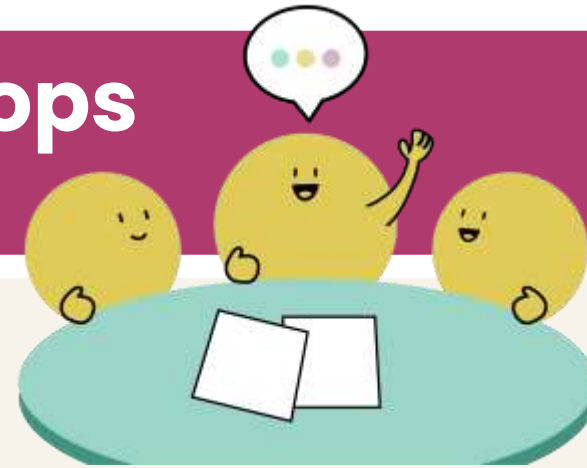
- Data-driven insights on the root causes of stress in your organisation
- Kick-off sessions hosted by Inuka's expert team
- Access to facilitated leading well-being & HR network for best-practice sharing and networking
- 4 hrs strategy sound-boarding with wellbeing-expert

Goal:

Support you toward industry-leading wellbeing practices

Effective online mini workshops for your employees

13



A bit of theory, mostly practice.

My mind

Mindfulness training

45min

Experience life more fully by applying mindfulness.

Dealing with stress

45mn

What is stress and how to deal with it effectively to perform and feel better.

Gratitude Workshop

45min

The easiest way to a happier life. Learn about practical ways to experience the many benefits of gratitude.

A plan to 'Be Better' in 1 session

45min

Less talk, more doing. Make and execute your plan to be happier and healthier!

My work

Tiny coach training

45min

Learn the basics of how to be a good coach for better working relations.

How to stay healthy (behind a screen)

45min

Sitting at home alone looking at a screen can take it's toll. A crash course about feeling your best

Coping with remote/hybrid working

45min

Practical tips to stay connected and motivated while working from home.

Setting boundaries

45min

Be aware of your needs. Practice saying 'no', in a respectful way, for your own well-being.

My team

Are you okay?

45min

Recognize when someone isn't doing okay and how to start the conversation.

Be great at Feedback

45min

Learn how to give and receive constructive feedback.

Team Coaching

45min

Get your team to communicate better

Compassionate leadership

45min

Everyone has a leadership role. How can you be a good leader using the latest insights.

Missing a topic? No worries, we either have it already or our expert wellbeing team of experienced coaches, facilitators and therapists will put it together. We like to stay up to date!



Have impact beyond your employees: Inuka shares >10% of profits with the most vulnerable¹⁴

Impact projects & partners

- **Kenya:** partnerships for low-income groups in informal settlements & support 10.000 front-line healthworkers
- **Uganda:** reached >500 people with StrongMinds
- **Zimbabwe:** scientific pilot >100 people with Friendship Bench & integration for >10.000 people
- **Occupied Palestine Territories:** Feasibility study under way with KIT & Juzoor



achmea foundation

Philips Foundation

Grand Challenges Canada
Grands Défis Canada

Johnson & Johnson
FOUNDATION

FMO
Entrepreneurial
Development
Bank

Netherlands Enterprise Agency



>10%
of shares & profits



Inuka Foundation
To make support accessible for free for
vulnerable communities

Thank you. Stay in touch!

Robin

Chief Executive Officer



+316 5160 4866

robin@inukacoaching.com

Arjan

Chief of Business Development



+316 5378 6659

arjan@inukacoaching.com

www.inukacoaching.com