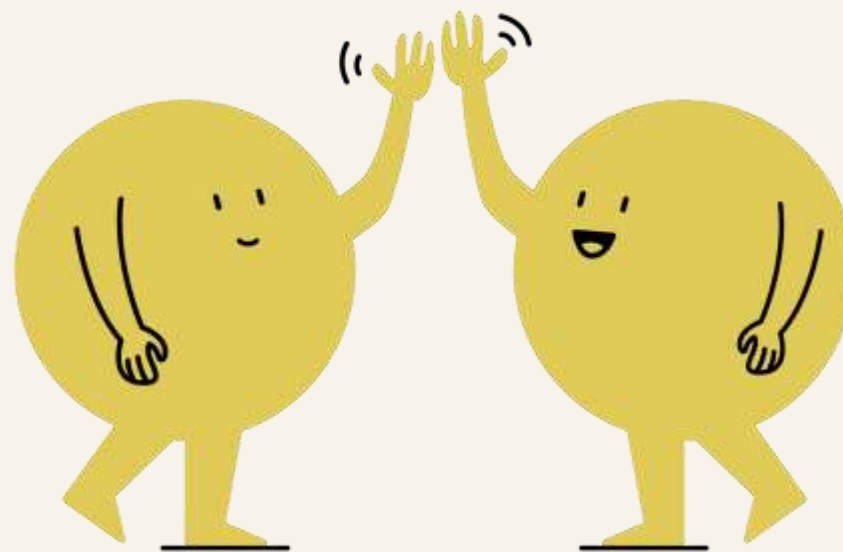




Together, everyone resilient

Resilient people, resilient business



Resilient, happy & engaged employees
adapt to change and **perform better**

But....

*"We are facing a **Global Human Energy Crisis**. From the warehouse, to the sales floor, to the office, workers are languishing, feeling burnt out"*

Microsoft Chief People Officer, April 2023

The global human energy crisis in numbers

7 in 10
people globally
are grappling with
their mental
health
(Gallup, 2022)

53%
of managers and
48% of employees
report they are burned
out at work
(Microsoft Work Trend Index,
20,000 workers globally)

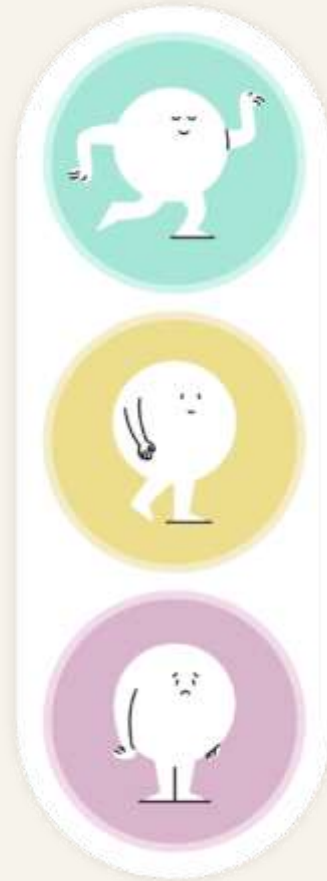
76%
Of under 30s
changed jobs
because of
mental health
reasons
(HBR, 2021)

25%
Struggle with
anxiety, sleep
struggles or
depression at
any time
(Nature, 2021)



So, how resilient are your people?

?%



Resilient

Struggling

Tough place

Conventional approaches have failed to resolve this crisis: it's time for a big leap!



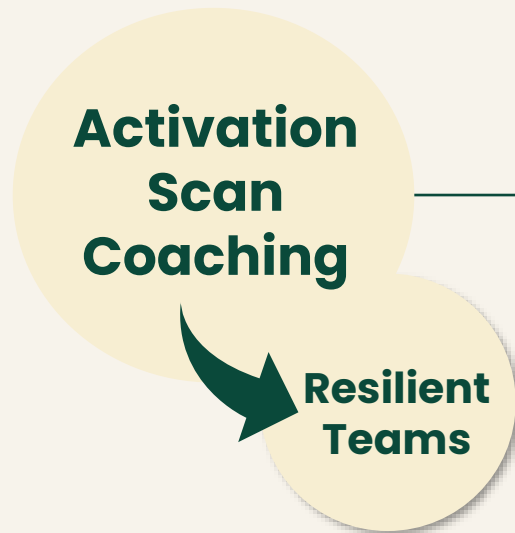
And no, that does not mean adding yet another vitality workshop, one-off program, therapist offering or app. But yes, making a significant shift can be easier than you think !



inuka

Inuka: take care of your people and get the input for a data-driven HR* strategy

For everyone:



For management:



=



*Human Relationships

Inuka's innovation is causing a small revolution for organisations

*"Inuka is the 'new cool' at PVH Europe! Our **people and managers feel supported by Inuka** and we get golden data for our people strategies"*

Tracy Jans

Tommy Hilfiger (PVH)



*"**People's problem-solving skills increased** with Inuka: they are more autonomous, and solve problems faster. And that is just essential for us to stay competitive in this fast-changing world"*

Nanique Dik

Squla (Futurewhiz)



inuka

The global HR community recognizes Inuka as leading innovator



*"We see thousands of HR innovations. Inuka is the **first innovation** to really show why employee well-being is crucial for business results. And offers a solution that offers support for employees, insights and measurable results with ROI. Inuka gives HR a strategic seat at the table"*

***Jury consisting of global HR leaders,
Better Workplaces Challenge Cup, June 2023***

*Inuka became **2nd place globally** after pitching live on stage in Las Vegas for 22.000 HR people, organized by SHRM, the world's leading HR organization.*



How it works: 4 simple steps so all employees get the help they want, when they need it

1

Activation

- Monthly workshops
- Emails
- Content
- Kickoffs



2

Inuka scan & coaches

1

..find out how they are **really** doing.



2

..be able to book a session with a coach, **anytime**



3

..make a plan, and take **simple powerful steps**



4

..keep **track** of their **progress**



3

Reporting

Usage, results, root causes of stress in the organization



4

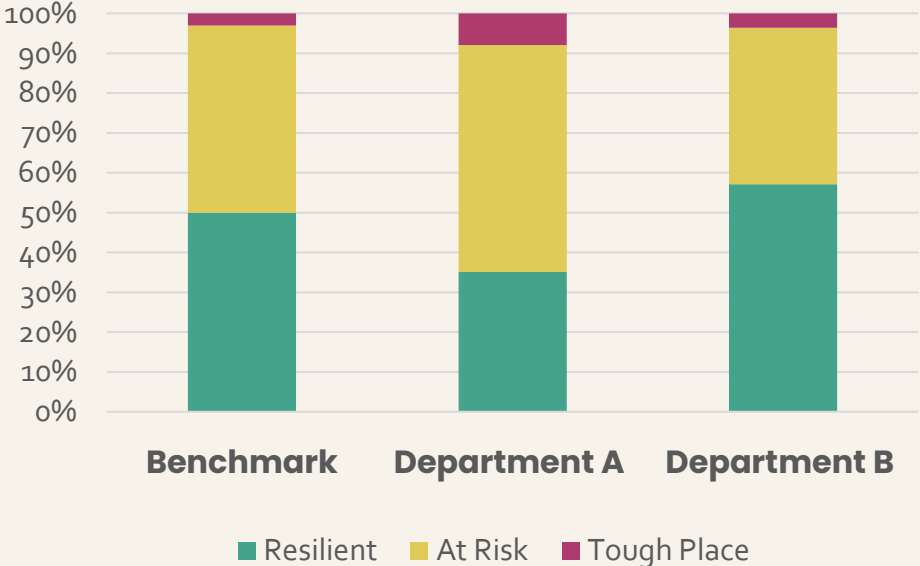
Referrals

To company doctor, in-house coaches, EAP, arbo, etc.

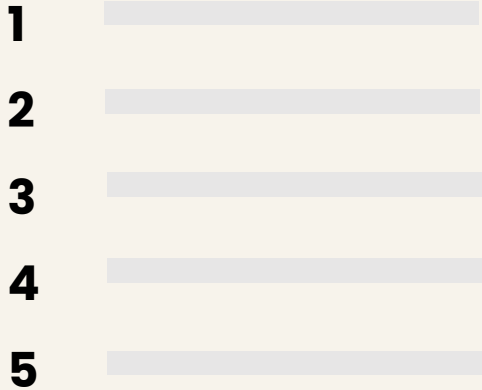


Get effortlessly key data-driven insights on employees' well-being and the business case

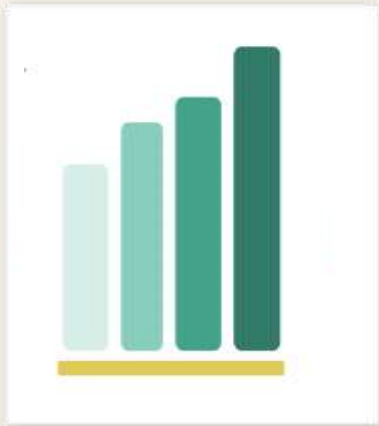
Organisation Resilience: Benchmark & per department



Top 5 Challenges Employees deal with



Measurable results & Business case Inuka



Offer a meaningful employee benefit, for a friendly price

€50*

per year, per employee

- ✓ Up to 10 coaching sessions per year for each employee (typically 4.5 needed)
- ✓ Available in **12+ languages, within 48 hours, 7 days a week**
- ✓ **Scalable** to 10.000 additional employees within four months

And you receive deep **data-driven insights** for effective people strategies

*if uptake is within the normal range. In the test-phase we determine the price – and business case! – together.



20 years of research allows us to deliver world-class support at friendly prices

Gold standard coaching



All coaches graduated from Inuka's ICF-certified training

12+ languages



Coaches your employees will love

REVIEWS

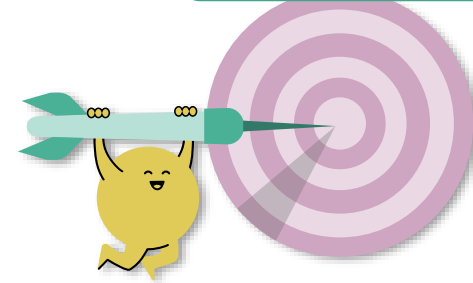
Coach rating (1539) – 4.8



App rating (1535) – 4.6



Improves mental health



Proven method to reduce depression & anxiety symptoms

Studies published in Cambridge global mental health journal, 2021 & Journal of American Medical Association, 2017

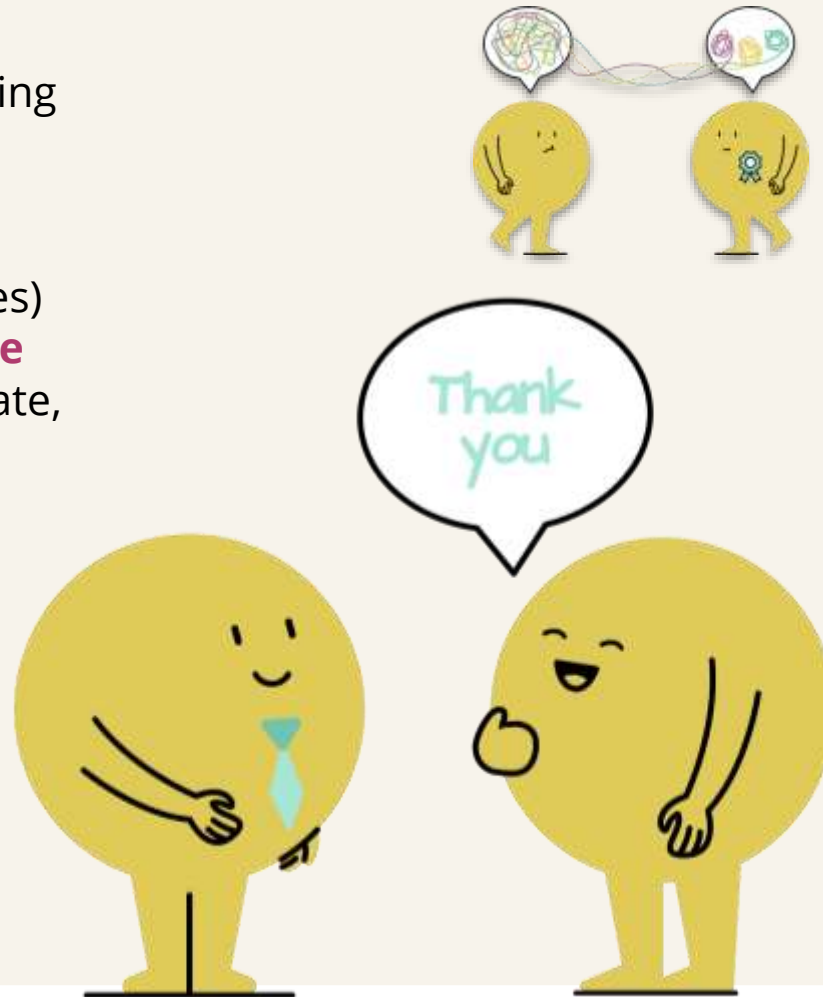


inuka

Managers are supported with the personal and difficult conversations

Inuka **unburdens the manager** by doing the heavy lifting of the personal conversations.

Because managers (even the great ones) simply do not have **the extensive time and skill-set** required to work on private, mental and emotional issues.



How it works:

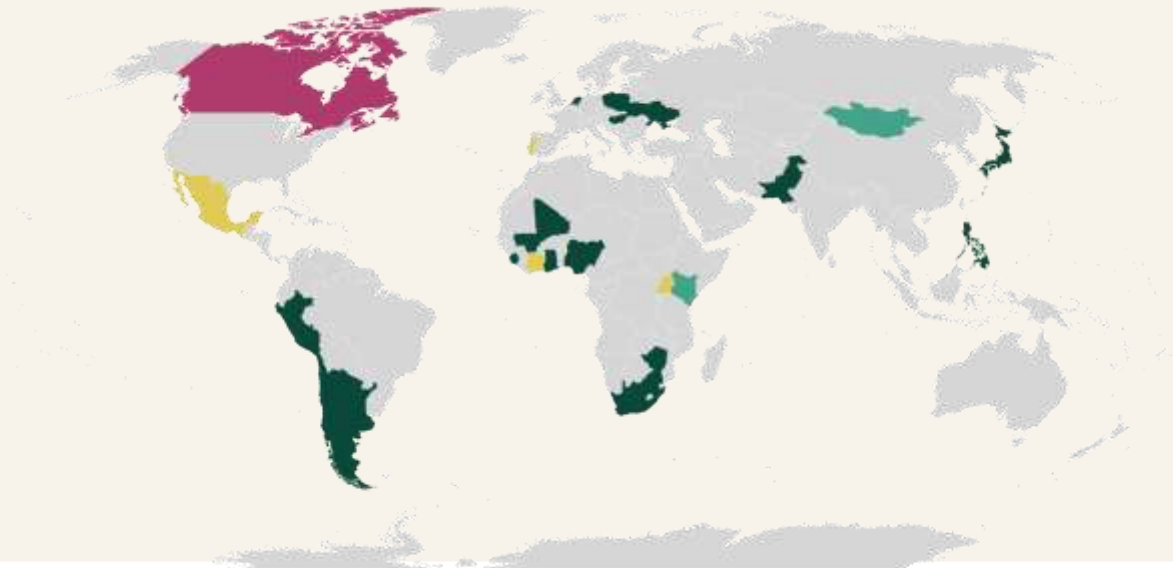
Employee untangles their struggles with an Inuka coach



So a more easy and effective conversation with the manager follows (if needed at all).

With Inuka's you support your employees and vulnerable communities

(and yes we use the same coaching method successfully everywhere!)



Partners

ochmeo foundation

Johnson & Johnson

LONDON
SCHOOL OF
HYGIENE
& TROPICAL
MEDICINE

KIT
Royal Tropical Institute

FMO
Financing for
Development

Grand Challenges Canada
Grands Défis Canada

>10%

of Inuka's profit goes to make mental health support accessible for free for vulnerable communities and research via the inuka foundation



inuka
foundation

Curious? Let's have an (online) coffee!



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entrepreneur**



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**Renowned
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psychiatrist**