



**If you feel
good, you
perform
better.**

About us

Inuka is here to make it easy and affordable for all people to feel better in short, powerful steps.

Enhance your team's resilience with our cost-effective coaching. Backed by scientific research and designed for easy implementation, our award-winning approach delivers tangible results.

We're committed to supporting you in achieving measurable improvements in resilience.



POWERED BY SHRM SHRMLABS PRESENTS

**BETTER WORKPLACES
CHALLENGE CUP 2023**

Certified



Corporation

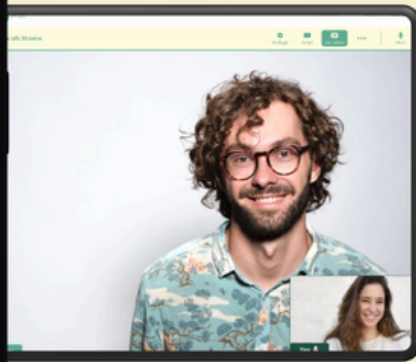
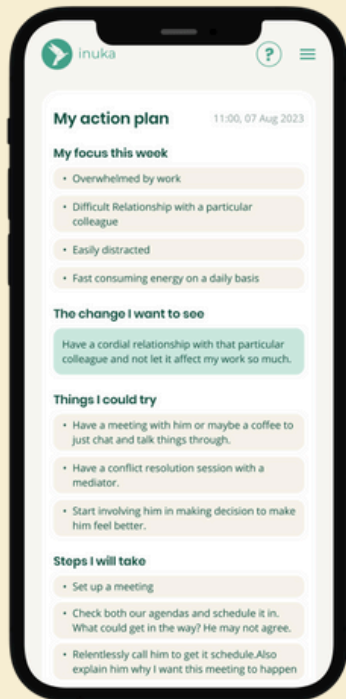
www.inukacoaching.com



What we offer

For individuals

A Short & Powerful UpLift



**Low threshold,
anonymous coaching
sessions.**

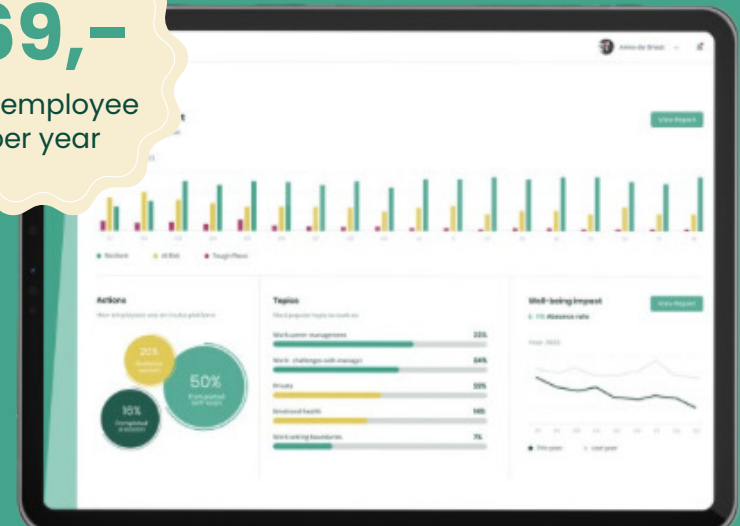
Work towards your goals in short, powerful steps.

- Access to your own personal coach, via chat or video.
- You choose when and how.
- Set and smash your goals from session to session.

For organisations

Improved People Resilience

69,-
per employee
per year



**Take better care of your people.
With impact!**

Invest in people with tangible impact.

- High quality, effective coaching.
- Award-winning HR-innovation.
- Data insights for effective people strategies.



What others say



Anonymous employee

With the help of Inuka I learned to share my problems more and to articulate them better. But also, to tackle them in a concrete and very practical way.



Anonymous employee

I was very skeptical when I started this, but it really works!

Inuka's coaches are rated 4.8 / 5



Based on 1400+ unique reviews

Your 5 certainties of choosing Inuka

- 1 People feel supported.**
Provide the care your people need, 96% report improved problem-solving skills.
- 2 It is effective. For everyone.**
No matter your culture, background or state of mind.
- 3 Uncover true well-being.**
The data provides insights you can't get in any other way.
- 4 Low effort to implement. Big rewards.**
The people investment that demonstrably pays off.
- 5 Backed by science.**
Backed by 15 years of scientific research, we ensure reliable and proven effective coaching.

What others say

SPAR 

"Every employee can now choose to do a scan or book a coach when, where and how it fit their needs. Without going to their manager or HR first."

TOMMY HILFIGER

With the help of Inuka we improved our employee resilience by 16%"

Flynth

"Through the self-scan, employees discover how resilient they are. They learn how to address their struggles and feel better"

YOUNG CAPITAL

"Our employees work in a dynamic setting, facing frequent industry challenges. To help them thrive and tackle challenges, we've partnered with Inuka."

Experience firsthand the benefits of Inuka, providing a tangible preview of the positive changes you can expect company-wide.



ARJAN GROOTENBOER
Chief Business Development



inuka

Invest in your people's resilience & growth, ask for a free demo session and see how accessible it is.

Let's have a chat



 +31 65 378 66 59

 arjan@inukacoaching.com



inuka
foundation



Choosing for Inuka also means you contribute to building resilient communities in low income countries and for those who cannot afford to pay.