



REALIFEPORTAL®

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pioneers Well-being Intelligence®

Realifex transforms subjective perception into powerful **Well-being insights** and **Virtual guidance** based on **real life experience**, for **Individuals** looking for positive change, or

for **Coaches | Mentors** willing to make their coaching **ultra-relevant and personal**, and leverage their **well-being track record** to grow their reputation, influence and reach.

In August 2018, REALIFEX launched



REALIFEPORTAL®

A unique tool designed to improve communication between coaches and their clients, and to help coaches develop their business.



REALIFEPORTAL®

Personal

Coachin'Up Your Life!

Open up a new communication gate with your in-app **Virtual Coach** and with your **professional Coach or Mentor**.

Unlock Well-being Intelligence® based on your real life experience for **behaviour change, motivation and self-growth!**



REALIFEPORTAL®

Coach | Mentor

Coachin'Up Your Clients!

Designed for Coaches | Mentors, RealifePortal® helps you **stay connected with your clients' journey**. Visualise your client's Well-being, mood and life impact on a daily basis, then **help guide them** towards **improvements and self-growth!**

Connect with new clients and get the unique opportunity to promote your own programs

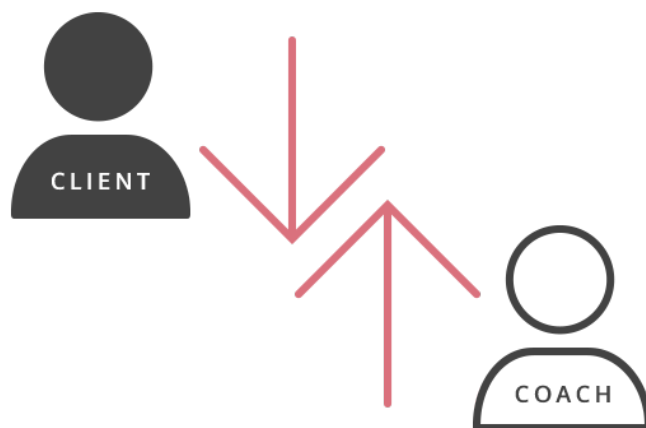


REALIFEPORTAL®

Coach | Mentor

Coachin'Up Your Clients!

The problem with traditional digital communication



The client writes directly to their coach or mentor via text or email in a classic question / answer model. The problem with this approach is that the client is dependent on the coach to answer, taking away any opportunity for their own self-reflection and growth.

REALIFEPORTAL® solves this problem:

In REALIFEPORTAL®'s model, the coach or mentor acts like a guiding presence.

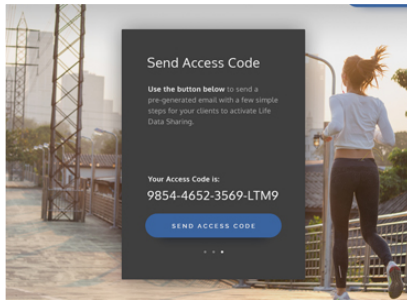
This means the coach or mentor needs to only react when it is relevant to their client's life events.

The client benefits from the guidance they receive on top of being able to self-reflect for meaningful, long-term change!

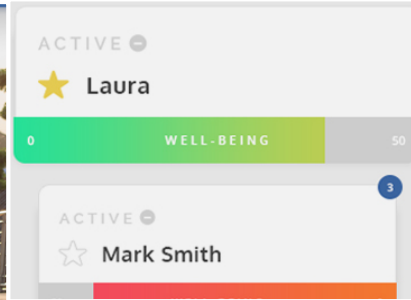




HOW DOES IT WORK?



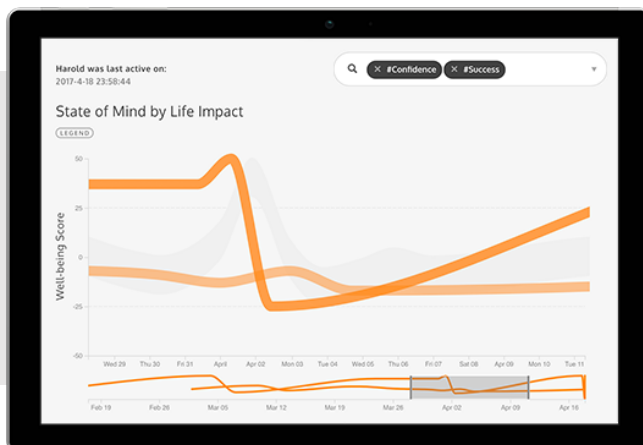
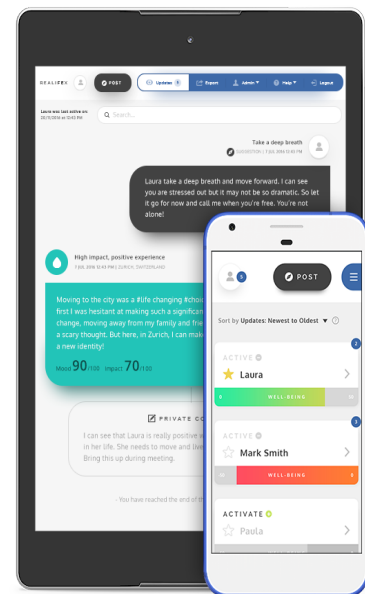
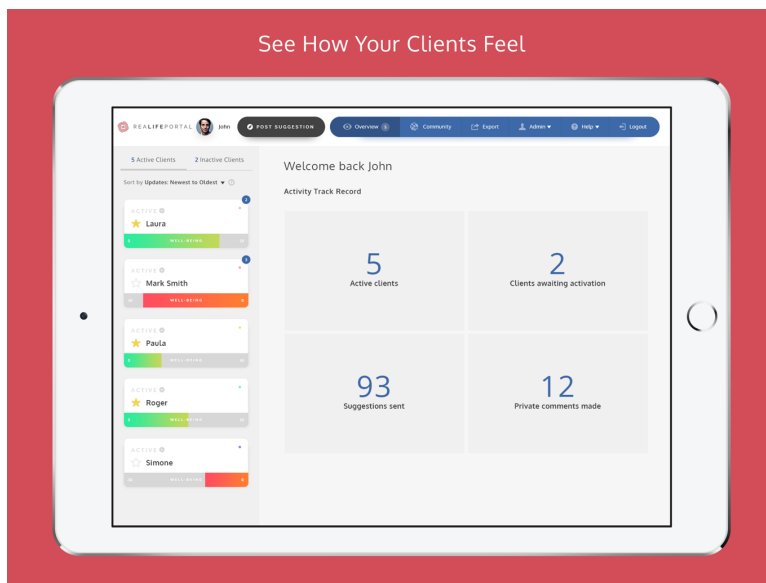
1- Share Your Access Code



2- Connect with your client

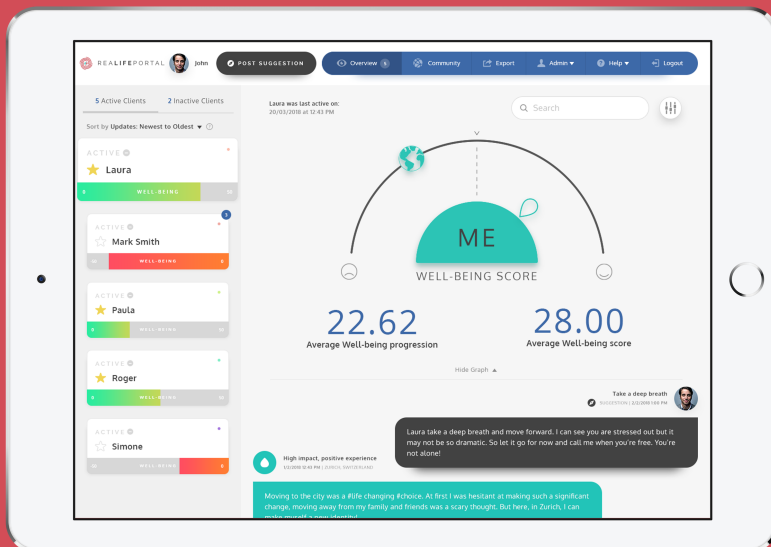


3- Help your clients thrive

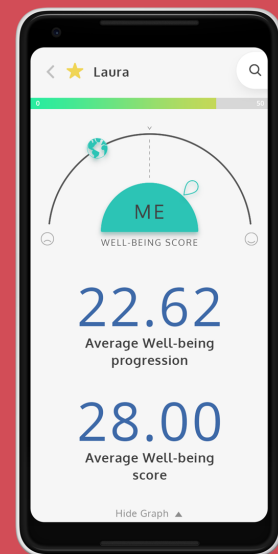


See how your clients feel, keep track of their state of mind, **talk to them...**

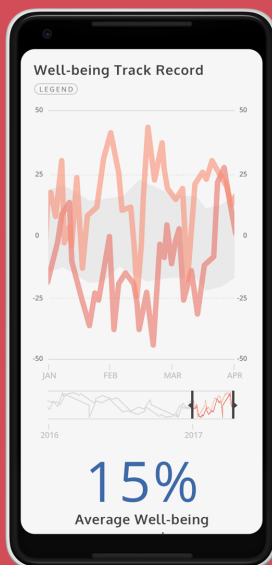
View and Boost Your Clients Well-being



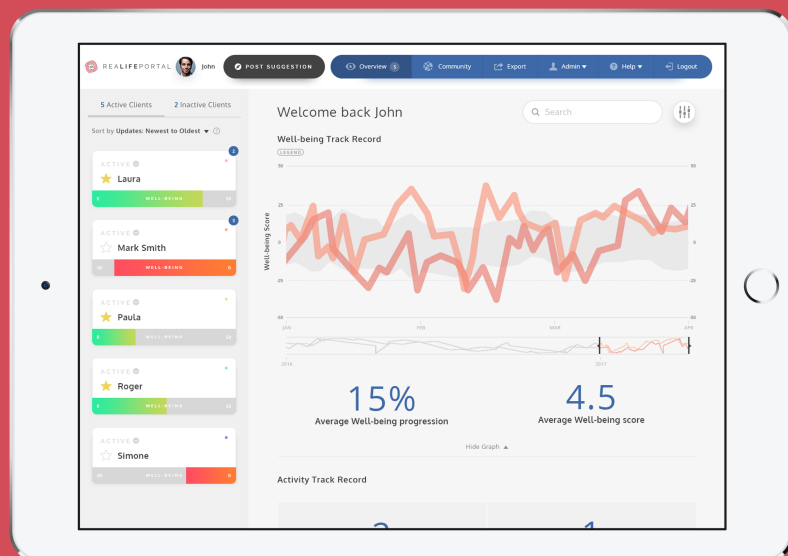
View and Boost Your Clients Well-being



Utilise Your Well-being Track Record



Utilise Your Well-being Track Record

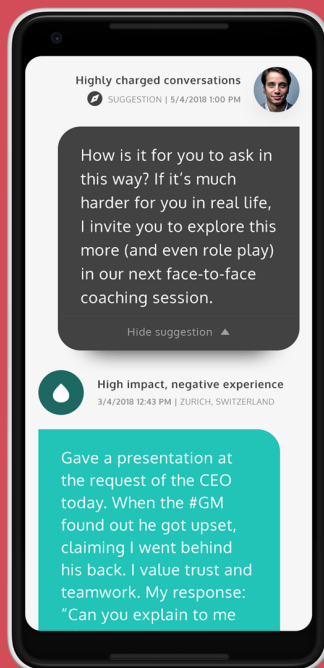


“RealifePortal has been a true game changer in my coaching practice.”

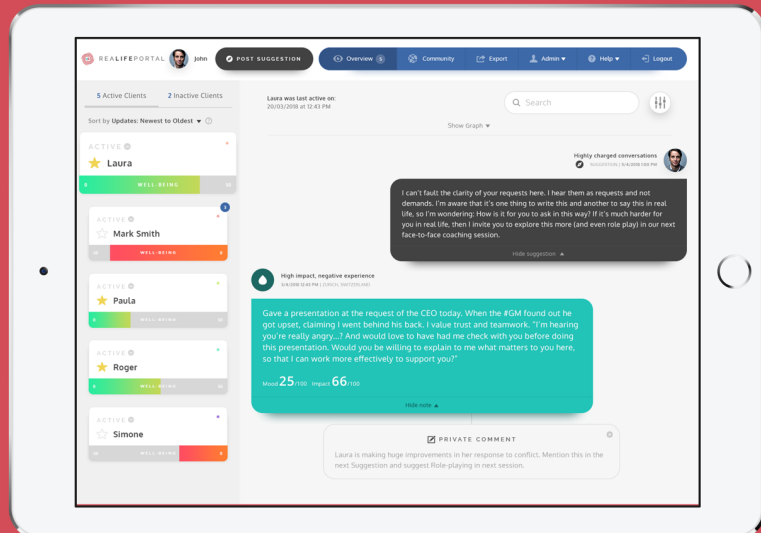
“This app is dramatically changing the way I keep in touch with my clients throughout the week in between our sessions. After all, life happens between sessions and seeing my clients wins, challenges and comments in real time has given much more pin pointed clarity in my coaching to easier guide towards dramatic growth!”

Travis Barton – Life & Business Coach

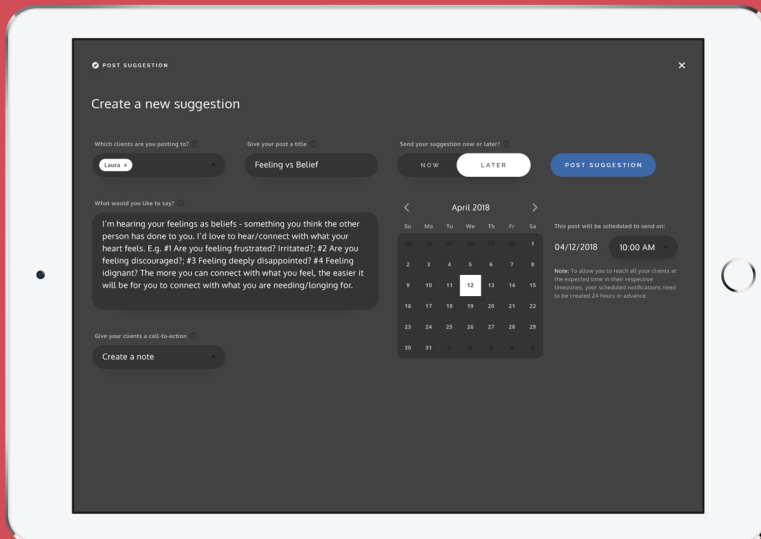
Touch Base With Your Clients Outside of Sessions



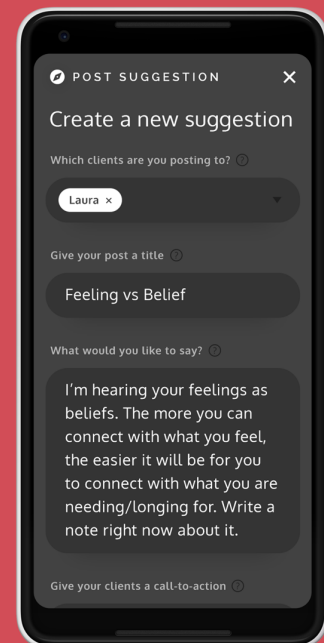
Touch Base With Your Clients Outside of Sessions



Post Online Suggestions to Guide Your Clients



Post Online Suggestions to Guide Your Clients



"WE CANNOT CONTROL THAT LIFE IS FLYING BY AT THE SPEED OF LIGHT. NOW...THOUGH... WITH REALIFEX, FINALLY... YOUR MOMENTS NO LONGER SLIP AWAY... THEY GUIDE THE WAY."

Linzi Levinson, Radio Talk Show Host & CEO of Quality for Life Coaching

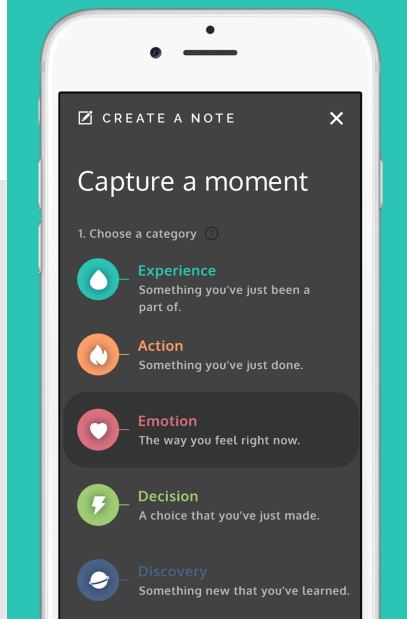


REALIFEPORTAL® Personal

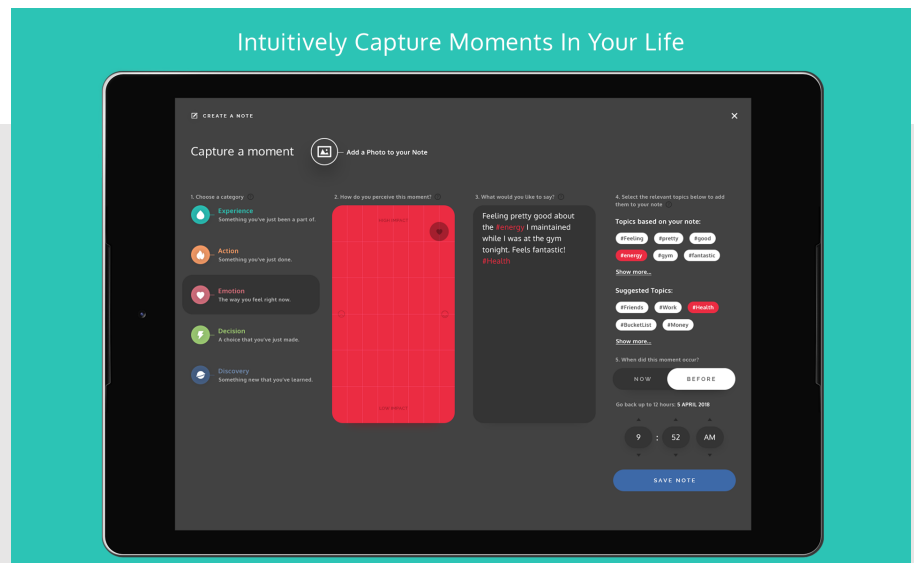
Coachin'Up Your Life!

ON YOUR CLIENTS' SIDE...

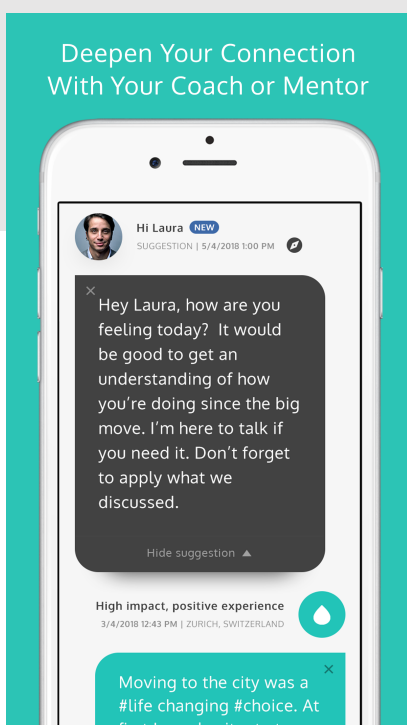
Intuitively Capture
Moments In Your Life



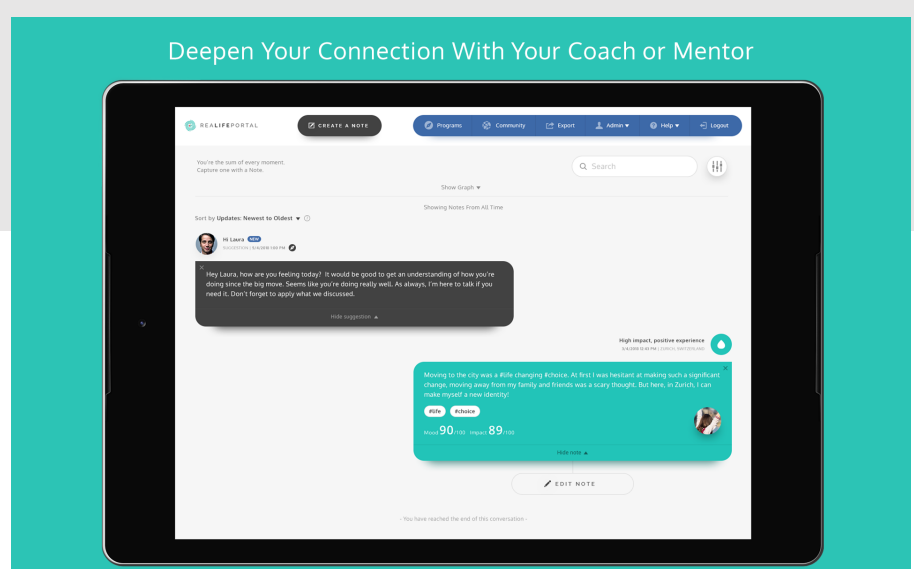
Intuitively Capture Moments In Your Life



Deepen Your Connection
With Your Coach or Mentor



Deepen Your Connection With Your Coach or Mentor



RealLifePortal - Coachin'Up Your Life! is a FREE app,
available on any smartphone, tablet, and computer.

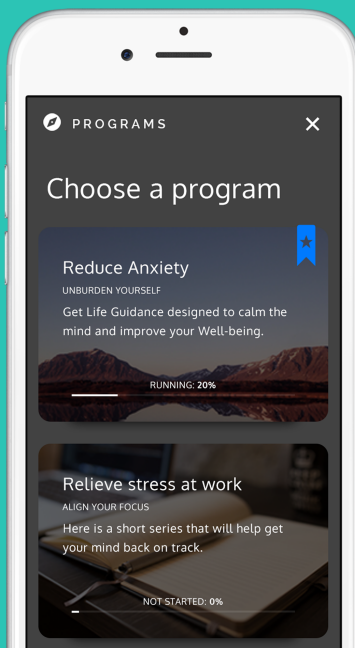
Individuals get relevant and personal life Programs

Getting to know you better each day, 'ME' can suggest relevant and personal life programs. Follow suggested programs and get in-depth suggestions and practical tools from 'ME' and professional Coaches and Mentors.

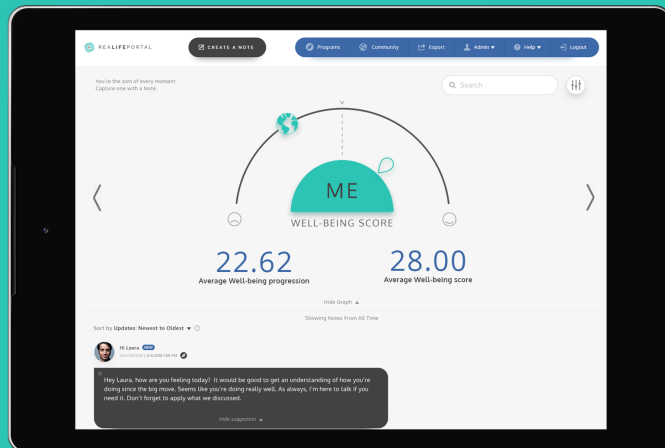


Develop your Well-being Intelligence® with 'ME' for a fulfilled and meaningful life; a life where your Well-being becomes your direction, your reward and your life purpose!

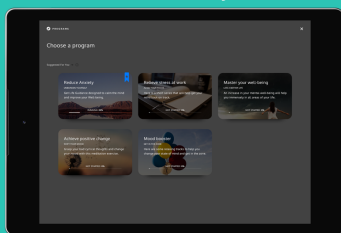
Get Better With Life Programs



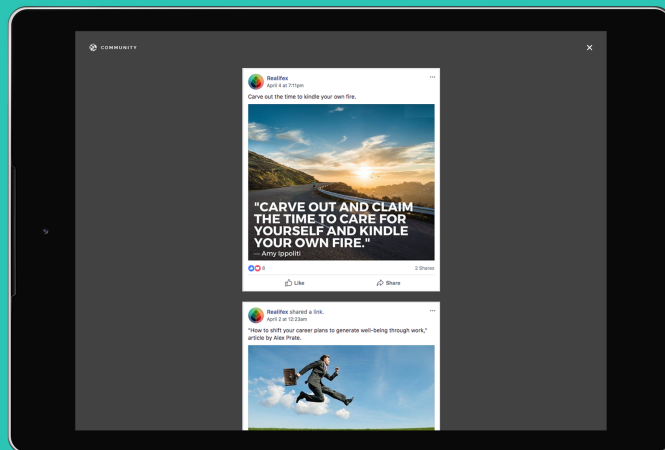
View and Boost Your Well-being



Get Better With Life Programs



Benefit From the Growing Community



Go one step further with a professional Coach or Mentor

Coachin'Up Your Life! securely integrates in real-time with the **Coachin'Up Your Clients!** app – specifically designed for Coaches and Mentors – to provide you with their best coaching in helping to you achieve positive Well-being.

If you already have a Coach or Mentor, deeply connect with them from within the **Coachin'Up Your Life!** app to get the best of their coaching based on

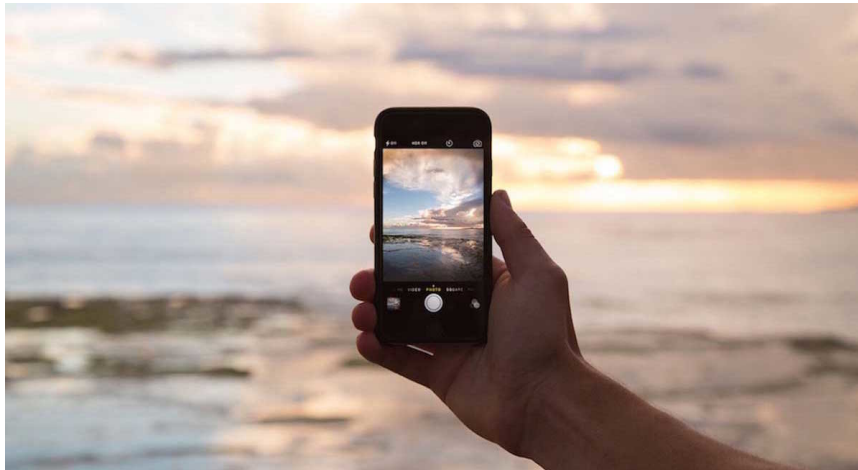
how you feel and how you perceive your life events between your sessions with them.

If you do not have one yet, 'ME' – based on your most relevant topics in life and your state of mind – can propose to connect you – through REALIFEPORTAL® – with a relevant professional Coach or Mentor to assist you in your journey.



REALIFEPORTAL®

How can technology help us to become more mindful?



By Alex Prate, Founder of REALIFEX.

Thanks to the immense popularity of smartphones, developers have created apps that address a variety of human needs and requirements. But can apps go as far as to help users develop mindfulness?

Well, some apps have been specifically developed for this purpose. They look like regular alarm clock or weather apps, but they contain features that aim to promote mindfulness.

These apps are looking to serve an important purpose. In today's fast paced, industrious world, where the focus is on getting more work done, mindfulness is a quality that tends to get left behind.

But here's the important question: can technology, such as these apps, really help to make us more mindful?

Technology can help us get started with mindfulness

Mindfulness apps can help beginners get acquainted with the practice of being mindful. Mindfulness is such a wide field, that it's important to start with clear guidance, that includes simple steps that can be taken to practice it.

Mindfulness apps can absolutely serve this purpose, by introducing users to simple exercises, and connecting them to a daily practice of mindfulness.

One of the most important aspects of mindfulness is simply remembering to be mindful as often as possible during day-to-day life. This is also something that apps can help us with - for example, with regular alerts on our phone that remind us to be mindful.

Apps can motivate us to practice quiet awareness

Mindfulness apps are intended to get us to practice quiet awareness, which is very different from the excitement and stimulation offered by most other apps.

The problem is that being mindful is, by its very definition, not exciting. So it's important to learn to embrace the initial boredom that is caused due to a lack of stimulation, and to move beyond it.

An essential part of the practice of mindfulness is thus to curb the need for constant excitement, which is contrary to what most other technologies aim for (which is to generate more mental stimulation to facilitate the brain's transition into a state of excitement).

Since most of us have a habit of constantly using technology (such as our smartphones) to get stimulated, it can be extremely helpful to have technology at hand that achieves the opposite effect.

That way, we can actually build on our habitual use of technology, and simply shift it towards a different goal.

Technology can't do it all for us

Using a mindfulness app is a little like working with a trainer or a coach. It can help us to practice mindfulness by reminding and guiding us, but it can't do the actual practice for us.

So, that part is still entirely up to us. For example, if a mindfulness app reminds you to meditate, the place where you choose to meditate is extremely important for the result.

If you meditate at your work desk you'll most probably think about work deadlines.

The same goes for meditating in the living room – you'll very likely want to play some video games or watch TV.

It can be helpful to dedicate a space exclusively for the purpose of meditation. This goes a long way to help in fostering mindfulness.

Once you become more skilled at mindfulness, you may be able to practice it in any environment. But beginners will probably struggle if they choose to meditate in unsuitable or distracting environments.

Re-shaping our values to embrace mindfulness

While mindfulness apps can certainly help us become more mindful, if we want to truly improve our capacity for mindfulness, we need to shift our values away from the belief that accomplishing more is always better.

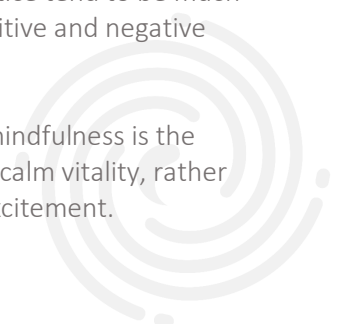
Until we start to view mindfulness as something that is highly beneficial in our world, most apps and technologies will continue to foster behaviors that are actually counterproductive to mindfulness and its benefits.

But the fact that mindfulness apps have recently started to gain in popularity, is a very encouraging sign that users are finally questioning the validity of the belief that doing more is always better, and are prepared to fight against it.

It may be a sign that we're finally at a place where technology might make the world more mindful.

And if you're wondering if it's really worth it: research shows that people that engage in a regular mindfulness practice tend to be much less sensitive to both positive and negative emotions.

So, the great benefit of mindfulness is the ability to enter a state of calm vitality, rather than needing constant excitement.



Here are 3 general tips that can help to approach technology in a way that is likely to increase our well-being, instead of detracting from it:

1. **Learn to reflect on how technology affects your well-being:**

Very often, we do things without reflecting on how they affect us. There are many reasons for this. Maybe we're too busy, or just following the force of habit, or maybe we need to get a job done quickly.

But an important skill in life is the ability to tell precisely how the things we do affect our well-being. This is especially true when it comes to our use of technology.

For example, many people report that too many hours spent in front of a computer can cause a wide range of symptoms of physical discomfort, ranging from neck pain to headaches.

Often, these symptoms show up at the end of the day, after the activity is done. During the day we're too busy to notice the first signs of discomfort.

So, it's important to learn to reflect on the state of our well-being regularly, while using technology. Once we understand how using a particular technology affects us, we can manage our use of it accordingly.

For example, if too much computer work gives you a headache, take regular breaks every two hours. And while taking a break, do something completely different. Go for a walk, exercise, have a coffee with friends, or meditate.

Or, if reading work-related emails in the evening tends to give you sleepless nights, stop checking your inbox after 8pm.

This will allow you to balance out the negative effects of technology, while still enjoying the benefits that it provides.

2. **Use technology to achieve something meaningful**

Since technology can be used for almost any purpose, make sure you are using it to achieve something you are passionate about.

But, if you are passionate about your work, then any results you achieve with technology will inspire you, and feed your passion at the end of the day.

Interestingly, many entrepreneurs report that they can work very long hours every day, 7 days a week, without becoming fatigued, or getting technology burnout.

This suggests that the energy of inspiration motivating them goes a long way to counteract any negative effects of technology.

3. **Use technology designed to increase well-being**

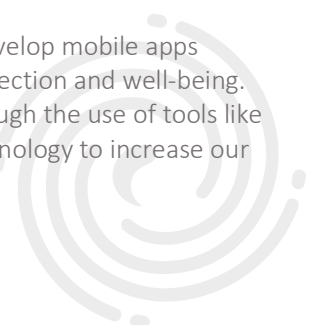
As mentioned above, technology can be used for almost anything. So it's hardly surprising that there are an increasing number of technologies specifically designed to increase well-being.

For example, several mobile apps on the market are designed to increase mindfulness and/or counteract stress. Examples include Destressify, Centered, and Calm

Indeed, my own passion over the last years has been to create a tool that can help to detect meaningful moments in life and understand their emotional impact.

In addition, I wanted such a tool to be able to visualize trends and life patterns both at the level of great detail, as well as on a larger scale.

This passion drove me to develop mobile apps designed to support self-reflection and well-being. It is my firm belief that, through the use of tools like this, we can indeed use technology to increase our well-being.



REALIFEX in the PRESS....

startup daily. By Gina Baldassarre

MOOD TRACKING APP REALIFEX WANTS USERS TO BE HONEST WITH THEMSELVES IN ORDER TO SELF-IMPROVE

The critics of social media say that rather than letting us express our true feelings, platforms like Facebook and Instagram push us to self-edit, that we are constantly on our phones posting snapshots of only the brightest parts of our day as we try to one up friends who are off on exotic holidays or at glamorous parties. Sydney startup Realifex is pushing back, asking us to use our phones to be truly honest with ourselves.

More than just a mood tracker, Realifex is a “map without a compass” that wants to help people reflect on their lives, the path they’re on, and figure out where to go next. It aims to let users understand what makes them happy and what causes them stress by allowing them to record their thoughts in the moment, as they happen, without letting time pass and their feelings mellow.

The app, available on iOS for iPhone and Apple Watch, asks users to record snapshots of their day through either typed or dictated notes. These snapshots can be grouped according to decision, experience, action, discovery, or emotion, with users asked to determine what kind of impact a moment had on them. Notes can also be tagged with contextual data such as location, heart rate, activity, weather conditions and temperature, and hashtagged according to topic, such as kids or work. The app’s analytics dashboard then helps users find behavioural patterns and other insights.

Founder Alexandre Prate, originally of France, said the idea came simply from talking to people about their lives and realising that few were actually living the kind of life they had aspired to.

“I also think that only a minority of people have a deep think about what could positively influence their life and are following their own path,” Prate said.

Prate believes that Realifex is helpful in capturing truthful emotions and moment.

“Relentless life events alter our memory. Our memory is selective and our senses are focused on survival, transforming reality for their purpose,” he said.



Alex Prate, Founder and CEO of Realifex

“When users look back at the notes they have made and they see that the hashtag #work is always associated with a negative emotion, it may be that their job is causing them too much stress or unhappiness. Therefore they need to make a choice whether to leave their current job and find something that is more satisfying for them. The app is simply to make users more aware in order to make positive changes to their life.”

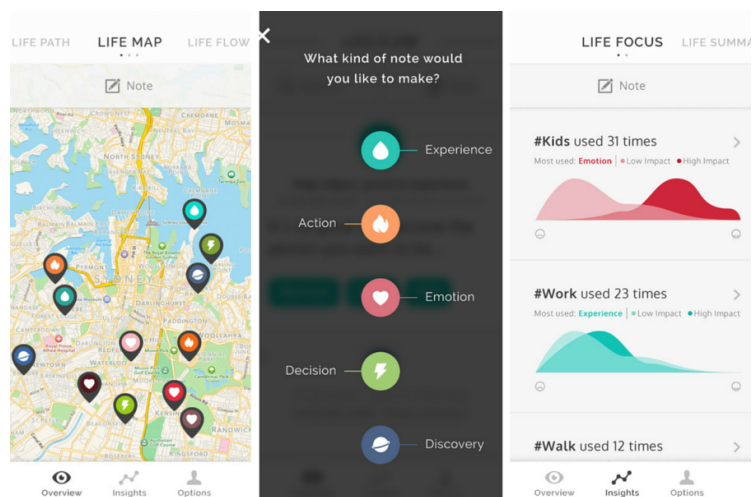
Of course, there are hundreds of apps and other devices in the market which aim to help people reflect on their lives and feelings. From mood rings that detect stress to journaling apps to a good, old fashioned paper diary, there's no shortage of ways for people to note down their feelings, so how is Realifex different?



In Prate's eyes, the average journaling app is focused on the simple act of writing and does not have a self-improvement feature, while gratitude apps which ask users to note down at least one thing they're grateful for each day don't take into consideration negative feelings and mood trackers are often "too simplistic".

Realifex, on the other hand, wants to help people reflect on both the good and bad and see themselves as they truly are, as that's the only way to lead to personal improvement. The app has a focus on privacy in order to let users be as honest with themselves as possible without worrying about outside influences –sharing statuses or check ins to Twitter or Facebook.

"Embracing who you truly are is the road to self-improvement,"
 Alex Prate said. *"It's difficult to step back and review our own lives, and hard to see how we're shaped by our life events and how we perceive each of our life events; that's why Realifex is helpful."*





Master your MVP. Lessons in patience from an award-winning product founder.



... One that caught our attention is Realiflex — the world's first private thinking app.



Realifex is a diary on your smartphone. In a nutshell: A digital diary that tracks your life's high and low points. Cool factor: ...



...Not everything humans do can be measured, I hear you say. For example, what about our emotions? Well, turns out they too can be measured and presented in colourful graphs. The creator of Realifex app, Alex Prate, says ...



Realifex (@Realifex) is an app for iPhone and Apple Watch that acts as a personal life coach and helps users with their self-improvement goals.



Don't let numbers rule you – life counts more... Realifex app provides a summary of emotions so you can keep track of what direction your life is heading...



It makes sense to keep a journal on your smartphone as society generally uses technological devices more often...



The world's first private thinking app!



The Be Happier App. We could all do with a little more positivity and good vibes in our life, right? Well if you're looking to make a change for the better in your life.



...The new app that links emotions to daily events - helping users increase self-awareness and improve life path...



Realifex App Helps Clients Increase Self Awareness. A new app that links emotions to daily events could help your clients increase self-awareness and improve life path...



Realifex the App puts Mental Health on the Map. Realifex is the latest app to be developed in an effort to help lower mental health issues in people...

Daily Telegraph

Keeping a journal helps you learn about yourself ...
Realifex is a new app that acts as a private journal
and gives insight into behavioural and emotional
patterns...

San Francisco Chronicle

The Realifex app, available at Apple's App Store,
is a digital diary that tracks your life's high and low
points...

macQuébec

Un produit qui permet d'atteindre une
compréhension personnelle inégalée grâce à
l'usage de l'iPhone...

WatchAware

Realifex is your own portable life coach, designed
to help you...



Really well executed journaling/life tracking app!
This is amazingly well designed!

GeekJournal
tech and geek stuff

Users write private notes about key moments in
their life, summing up a great day, say, or a bad
office presentation...

anthill
australian

Realifex aims to reassert the power in the users'
own world, to answer life's universal and often
painful questions: Who am I? What am I made of?
Where do I go next?

MODE

The Realifex mobile app [is] like 'guided
journaling'... Realifex will give you a really cool
visual interpretation of how events and location
affect your life.

HEY GENTS

Realifex aims to allow you to record your daily
experiences and reflect on how they weigh on your
own positive or negative thoughts and moods.

More resources and information for our users and the media:

media@realifex.com

www.realifex.com



REALIFEPORTAL®

by

REALIFEX

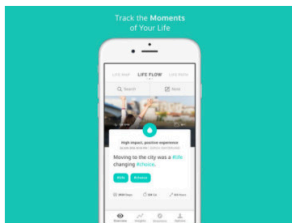


Realifex wins Webby, W3 and Davey awards

2017 - Webby People's Voice Award



RealifeChange by Realifex won the Webby People's Voice Award in the category **Best Visual Design – Function**



RealifeChange | The Webby Awards
Best in Best Visual Design - Function 2017

WEBBYAWARDS.COM



2017

21st Annual Webby Awards



7,500,208,531
Global Population



3,618,485,678
Total Internet Users



1,182,278,965
Number of Web Sites



407
Webby Winners

2016 - Gold and Silver W3 and Davey awards

RealifeChange picked up **4 design awards**, at the **W3 Awards – Gold** for Productivity and **Silver** for Best Visual Design – and at The Davey awards – **Gold** for Mobile in Mobile Features – Best Visual Design and **Silver** for Mobile in MobileApps/Sites-Health & Wellness.

AIVA
Academy of Interactive & Visual Arts





REALIFEPORTAL®

Coach | Mentor

Coachin'Up Your Clients!

Pick a Plan that best fits your needs.

Our plans are totally flexible. No hidden fees. No lock-in contract.

Free Plan	Standard Plan	Pro Plan	Unlimited Plan
Single User License Up to 5 clients included No lock-in contract	Single User License Up to 10 clients included No lock-in contract	Single User License Up to 15 clients included No lock-in contract	Single User License Unlimited clients included No lock-in contract
Features: Real-time Client Updates Private Comments Offline Life Data Export Real-time and Scheduled Suggestions	Features: Real-time Client Updates Private Comments Offline Life Data Export Real-time and Scheduled Suggestions Well-being Score Mood and Impact Score State of Mind by Life Impact	Features: Real-time Client Updates Private Comments Offline Life Data Export Real-time and Scheduled Suggestions Well-being Score Mood and Impact Score State of Mind by Life Impact Well-being track record Advanced Filters	Features: Real-time Client Updates Private Comments Offline Life Data Export Real-time and Scheduled Suggestions Well-being Score Mood and Impact Score State of Mind by Life Impact Well-being track record Advanced Filters
Choose Free Plan to interact in real-time with your clients between meetings, calls or sessions for better coaching experience.	Choose Standard Plan to see how your clients truly feel through a collection of Well-being scores and dashboards.	Choose Pro Plan to quantify, improve and adjust the efficiency of your coaching through Well-being unprecedented measures.	Choose Unlimited Plan for full access for all your clients, for measurable results and coaching Well-being ROI.
FREE	USD29.99 / mo	USD34.99 / mo	USD49.99 / mo

Sign up today for your 30-day free trial and invite your clients to participate in a brand new coaching experience.

Join our “Referral Program” and enjoy attractive paid rewards

Our “Referral Program” is a **genuine approach** where a **professional Coach or Mentor** recommends **RealifePortal** to their peers – other professional coaches or mentors – and promotes the benefits of using RealifePortal in their own practice.

You need to be a **professional Coach or Mentor** to be eligible to join our “Referral Program”. You also need to be an **active user of RealifePortal** as you need to regularly use RealifePortal to be able to genuinely recommend it to your peers.

Get in touch now!

Ready to integrate **RealifePortal** into your coaching and experience amazing results?
Contact us to find out how you can take your expertise to the next level using our innovative technology.

