

AI Coaching

Our AI Coaching, powered by PAX AI, serves as a digital sherpa—offering immediate assistance and tailored guidance. Users can select from diverse coaching personalities, each designed to provide personalized support, celebrate successes, follow up on goals, and help schedule therapy sessions.

This feature combines convenience with motivation and consistent support, helping users stay focused on their mental health goals and boosting overall well-being at an accessible cost.



Download the Impact Suite app
to discover your Analytics.



Ways to use AI Coaching

Data-Driven Insights: Allow the AI Coach to access data from your Daily Check-ins, Goals, and Journeys to provide informed, personalized advice.

Continuous Improvement: Use the AI Coach's tailored guidance to make consistent progress in your personal development and well-being.

Proactive Support: Benefit from the AI Coach's proactive messages celebrating your victories, offering encouragement, and reminding you of your goals.