



Press release  
For immediate release

## ***Manage stress better with inpower™***

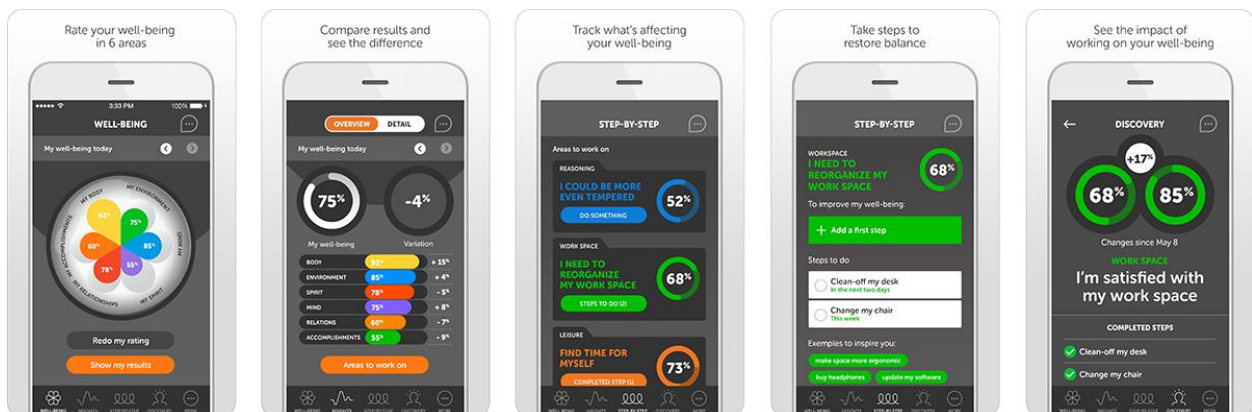
### ***Montreal team develops a new way of measuring well-being***

**Montreal, Tuesday, June 5<sup>th</sup>, 2018** – **inpower**, the first **auto-coaching** app to rate and manage your well-being, is now available at the Apple Store and soon on Play Store (Android version). The app's advanced algorithm developed in **Montreal** brings a new approach to personal growth by allowing anyone to monitor their well-being. Designed to facilitate daily routines and practices that will lead to a more balanced life, the user is guided toward concrete steps that can be incorporated proactively into their lifestyle. By customizing simple everyday steps, and receiving prompts and feedback, each user designs their own tailor-made plan to manage the negative effects of stress and restore a state of well-being. In a nutshell, **inpower** empowers anyone to become their own well-being coach.

These days, society and the workplace place an unparalleled level of pressure on people (financial, work-family balance, health problems). At the same time, the effects of stress are well known and easily recognizable: drop in energy, relationship problems, poor decision-making, fatigue, worry and anxiety. **inpower** places a wellness coach right in the pocket.

Michel Chioini, co-founder and CEO of **inpower** explains: *"For 15 years we have been working on developing inpower inspired by the principles and practices of Serge Jeudy, a recognized researcher and Master Olympic Coach. Over the years, more than 8,000 people have tested the theories and shown us that there is a real need for such a tool. In fact, the first results following the pre-launch of the application confirm what we've known all along."*

#### **HOW DOES THE APP WORK?**



By measuring one's physical, mental and social well-being, a person can identify imbalances that affect them. Through **inpowr** the user answers a series of questions to arrive at an accurate well-being score. Depending on the results, the user chooses which areas they wish to address and sets goals through small daily steps. A reassessment is done every 7 days in order to compare the results, and to measure results based on the steps taken to restore balance.

**inpowr** is available free to download in English and French. A range of subscription rates is offered, (monthly or annual).

[www.inpowr.com](http://www.inpowr.com)

[www.facebook.com/inpowr](https://www.facebook.com/inpowr)

<https://www.youtube.com/watch?v=M0kXdSU0IK8>

#### **About inpowr**

**inpowr** is a Montreal-based company specializing in the monitoring and management of wellbeing. We believe that each person has the potential within themselves to achieve and maintain physical, mental and social balance through self-directed concrete and realistic steps and to achieve a greater self-awareness based on these practices. inpowr aims to create positive change in society. It's the first mobile auto-coaching app designed to monitor and manage your well-being with principles and practices based on those of an Olympic Master Coach. Our app identifies areas of imbalance and assists you in your aim for a more balanced well-being.

#### **About R&D Capital**

R & D Capital, a Canadian financial institution specializing in the financing of refundable tax credits at the federal and provincial levels, supports the research and development of inpowr. Financing products are adapted to the field of activity whatever the stage of development. Their services provide access to funding for refundable tax credits in research and development (SR & ED), multimedia, electronic business (CDAE) and cinema.

Through the sound management of tax credits and with an impressive track record in terms of “win-win” partnerships, R&D Capital aims to enable every client to obtain financing before their formal application for reimbursement. [www.rdcapital.ca](http://www.rdcapital.ca)

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*An access code to test the application is available on request.*

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