



AI-Powered Life Coach

Resiliency and emotional intelligence are the key to long term success. Academic and work performance rely on these factors, however, these are not usually taught at school. Research shows that individuals with high emotional intelligence (EQ) are great leaders, have healthy relationships, and superior communication skills. Mindfulness has been shown to have an immense impact on the brain by reducing stress, anxiety, and violence as well as improving the immune system, attention, focus, emotional regulation, feeling more connected and increasing self-awareness.

What is Ajivar?

Ajivar is a mobile application that uses artificial intelligence (AI) and natural language processing (NLP) to engage students and faculty on an ongoing basis, in essence being an AI-Powered Life Coach. It utilizes mindfulness techniques, positive affirmations, and Ooz (out of zone) challenges that help people get outside of their comfort zone to increase self-esteem and acceptance.

Benefits for Students and Staff:

Ajivar helps individuals be more self-aware, resilient and improve EQ. This increases their ability to engage in healthy self-care practices with improvement in academic, work performance, social success, and well-being at university and beyond.

Benefits for UT:

Ajivar provides a means to engage the whole student body in a granular way from the students' first to the last day at university. Being able to track student progress, improve resiliency and overall mental wellbeing will not only change the institutional culture but also increase retention and student success. Increased resiliency and EQ also improves staff satisfaction, cohesion, and retention

Directions:

1. Download Ajivar

- The Ajivar platform has been purchased by UT for ALL students and staff. The app can be downloaded from the App Store or Google Play - QR codes below
 - Download **U-Ajivar**:
 - Sign-up with your **UT email address**
 - Select **University of Tampa** as your organization
 - For organizational code, please use the code that fits your status below:
 - Faculty members use: UTFac
 - Staff members use: UTStaff
 - Graduate students use: UTGrad
 - 1st year students use: UTBAC
 - All other undergraduate students use: UTUG
 - A Verification code will be sent to your email that you will use for activation
 - For any questions or problems with the app, send email to **contact@ajivar.com**



For more information: <https://ajivar.com/>