AI & EI Powered Coaching

Emotional intelligence (EI), resiliency, and mindfulness are 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 (EI) 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 an innovative app that helps people increase self-awareness, resiliency, and EI. Using artificial intelligence (AI), Ajivar gets to know the user and is able to provide personalized EI/resiliency training and mindfulness activities. Ajivar provides fun and uplifting ways to engage the user such as positive affirmations (Posimations), journaling, 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

With minimal utilization of staff and faculty time, Ajivar gives students a fun, engaging, and interactive way to improve EI and establish a personalized mindfulness routine that increases students' ability to engage in healthy self-care practices with improvement in academics, work performance, social success, and well-being at the university and beyond.

Staff and faculty also benefit from improved EI and resiliency by managing stress better, connecting with their students more effectively, and being better equipped to guide students when they are not feeling or performing well.

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 the 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 EI also improves staff satisfaction, cohesion, and retention.
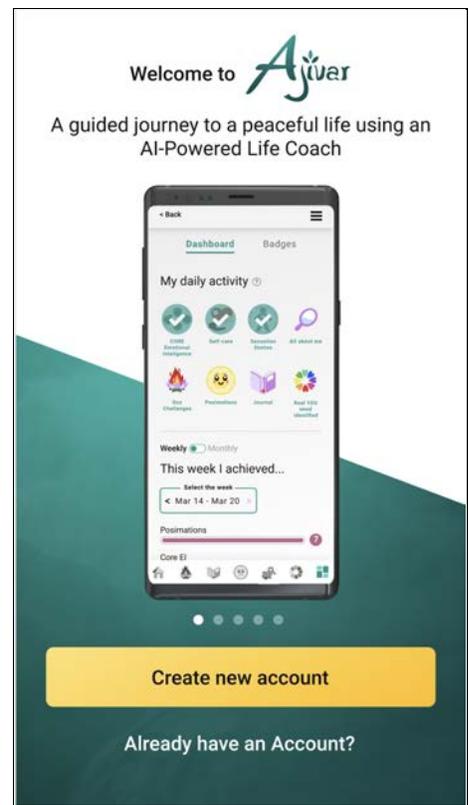
Log-in Instructions for Ajivar

The Ajivar app has been purchased by UT for ALL students, staff, and faculty. The app can be downloaded from the App Store or Google Play - QR codes below.

1. Download **Ajivar**
2. Sign-up with your **UT email address**
3. Verification code will be sent to your email that you will use for activation

For any questions or problems with the app, send an email to **contact@ajivar.com**

For technical support text Trine directly at **813-335-6783** or **contact Ajivar** with any questions/concerns: contact@ajivar.com or (727) 619-4044

Learn more at **https://ajivar.com**