



HOW PEOPLE USE LIFEGUIDES

LifeGuides gives you a real person to talk to, plan goals, think through solutions, and remain accountable to achieving success.

Here are a few examples of how people are using LifeGuides in everyday life:



Maya, 28

Pregnant, early career professional

What's going on

- Trying to prioritize pregnancy and plan for her new future
- Recently promoted, feeling added pressure & overwhelm
- Struggling to set work boundaries & feeling burned out

How LifeGuides helps

- ✓ Provides celebration & encouragement for new baby
- ✓ Co-creates a structured plan to manage workload & family life
- ✓ Guides her through boundary-setting & avoiding burnout
- ✓ Helps her identify career goals & next steps



Steve, 31

Married, full-time job, 1 year-old baby at home

What's going on

- Feeling financial pressure supporting new family
- Struggling to balance time between work, friends, & marriage
- Wants connection with wife, doesn't know where to start

How LifeGuides helps

- ✓ Helps him think through a plan for upcoming expenses
- ✓ Suggests realistic routines for quality time at home
- ✓ Holds him accountable to follow through on priorities
- ✓ Provides a safe space to talk through stress without judgment



Carlos, 51

Divorced, two teenage kids

What's going on

- Navigating co-parenting teens & post-divorce stress
- Trying to rebuild routines & stability for himself & his kids
- Seeking fulfillment & unsure how to move forward

How LifeGuides helps

- ✓ Offers support in managing co-parenting communication
- ✓ Helps him create structure & routines at home
- ✓ Provides a sounding board for emotional processing
- ✓ Encourages actionable steps toward building confidence



Aisha, 34

Married, caring for aging parent

What's going on

- Juggling work while supporting her mother's health needs
- Feeling stretched thin & emotionally drained
- Struggling to find time for herself without guilt

How LifeGuides helps

- ✓ Helps prioritize responsibilities & reduce overwhelm
- ✓ Suggests caregiving resources & support options
- ✓ Co-creates a plan for realistic & sustainable self-care
- ✓ Provides a consistent space to decompress & think clearly



Jordan, 22

Recent graduate, first full-time job

What's going on

- Adjusting to independence, finances, & work expectations
- Unsure how to plan for the future or make "adult" decisions
- Feeling pressure to figure everything out quickly

How LifeGuides helps

- ✓ Supports him through budgeting, saving, & financial basics
- ✓ Helps set realistic short- & long-term goals
- ✓ Provides guidance on navigating workplace dynamics
- ✓ Acts as a steady, judgment-free resource during life transitions

Real conversations that help real people move forward in real situations.

Get Started

To register, get your organization's unique link from your HR/Admin Team or our Wellbeing Concierge.