



Starting your
Onboarding
Journey



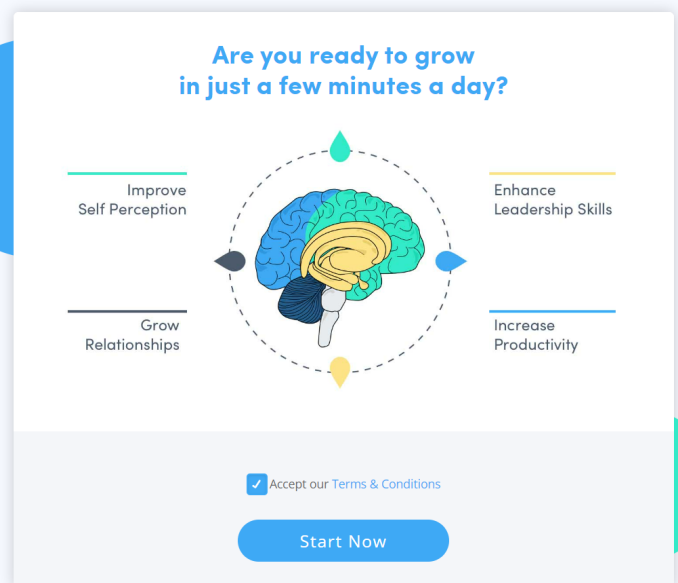


1

Watch the first onboarding video: 1:06min.

2

Accept terms and conditions.



1 2 3 4

Age is just a number... what's yours?



18 - 24



25 - 34



35 - 44



45 - 54



55 - 64



65 & Wiser

All answers are kept completely private and confidential.

3

Start self-assessment.

4

Hover over the text, it will turn yellow, then click on your chosen option.

It's time to start getting better at being you!

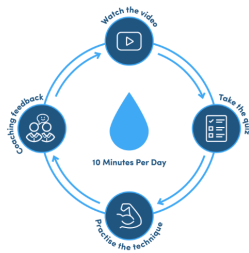
Where would you most like to grow?

Select your top 3 below.

- Increased Productivity   Healthier Relationships
- Stress Management   Effective Leadership
- Better Decisions   More Confidence

Meet the Mygrow droplet

Your daily dose of growth.



Do Your First Droplet

5

Start your first droplet page.

6

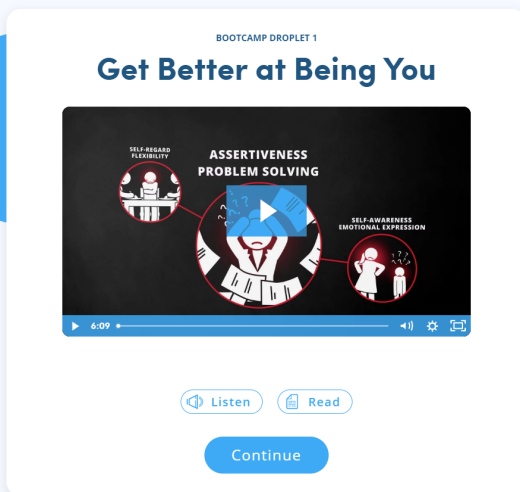
The first droplet starts with the droplet overview.

BOOTCAMP DROPLET 1

Get Better at Being You

This droplet highlights why EQ is essential to our success and outlines the key principles of the Mygrow platform. It also introduces the first technique that you will be using on your journey with us.

Let's Go



7

It will open up a video to give you an overview of your journey. You can choose an option to listen only or to read.

8

Once done watching the video, you will proceed to the next page, the “Key Takeaways”.



Key Takeaways

- 1 To flourish means to grow and develop successfully
- 2 Emotional Intelligence (EQ) is what causes people to flourish
- 3 Learning about EQ is not the same as developing EQ
- 4 Developing EQ requires regular techniques done properly

Continue to Quiz



Question 1 of 4

Mygrow draws from...

- ☐ The latest research in neuroscience and positive psychology
- ☐ The latest Wikipedia articles on Emotional Intelligence
- ☐ Self-help books, blogs and articles on psychology websites
- ☐ Mark's personal knowledge

9

You will be directed to the Quiz, there are four quiz questions, aim to have 75%-100%. Click on the correct answer, it will automatically move to the next question.

13

Click on the growth hint button to get an idea of what factors contribute to your growth, so that you can focus on those areas when you do your technique for you to get a good score.

Technique

"*" indicates required fields

Your first good thing for today

Consider the motivations, skills, actions, choices and roles that led to your good thing.

What is a good thing that happened in the last day or so? *

Growth Score Hint

Positively framed

Have you shared from a positive perspective without any negativity?

Growth Score Hint

14

Once you have gone through the resources to help you do the technique, you can start your technique by answering the questions.

Technique

"*" indicates required fields

Your first good thing for today

Consider the motivations, skills, actions, choices and roles that led to your good thing.

What is a good thing that happened in the last day or so? *

Why? What made this possible? *

Continue

Need help?

Growth Score Hint

15

Once the technique is completed you will have completed your first droplet. You will then be able to access your profile details.

Technique

"*" indicates required fields

Your third good thing for today

Consider the motivations, skills, actions, choices and roles that led to your good thing.

What is a good thing that happened in the last day or so? *

Why? What made this possible? *

Complete Droplet

Need help?

Growth Score Hint

10

When the quiz is done and you have 75% and above you are able to move forward.



75% - Great job!

You passed the quiz

Continue



Technique

3 Good Things

Your daily gratitude practice

Share three good things that happened in the last day or so.
Then reflect on why you think each good thing was possible.

Start technique

11

Once the Quiz is done, you can start the Three good things Technique. Click “Start technique button”

12

Click on “Need help” to have a guideline on how to do the technique. You can either watch the video or read the Tipsheet.



Technique

Need help?



How to do this technique

Watch this video to get a better understanding of how to do this technique

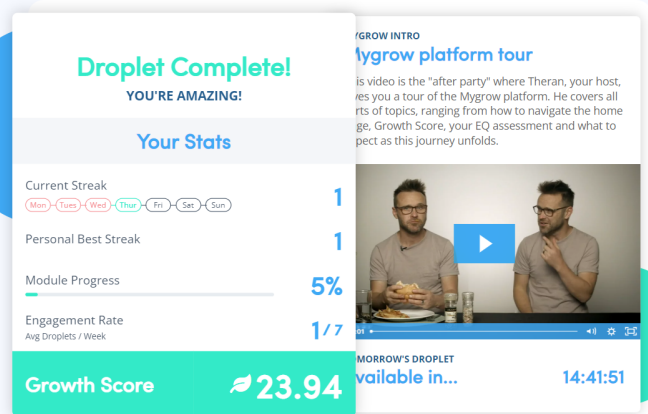
Read the tipsheet

Wondering how to get the most out of the technique? Have a look at the tipsheet



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Do not log out till you see the droplet complete screen. Click the “Exit” button to your top right corner of your screen to go back to your profile.



Technique

Add a reminder

You have been sent a meeting request so that you can simply add doing your Mygrow droplet to your calendar. Feel free to decline this or create your own reminder for a time that suits you best.

Complete Droplet

17

Add a reminder to your calendar do your droplet each day.

18

Each day you will select the 'Start Next Droplet' icon on your profile to complete your daily droplet.

BOOTCAMP PROGRESS

10 %

BOOTCAMP D3

It Matters More Than

START NEXT DROPLET

Growth Score

Streak