Screen 1 (01.H01A)

9:41

AUDIO   4 MINS

5 mins of pure silence, stillness and peace

0 Likes   0 Comments

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Phasellus ut sagittis lacus. Morbi vitae nisl sed nunc interdum.

↺ REPLAY THE AUDIO

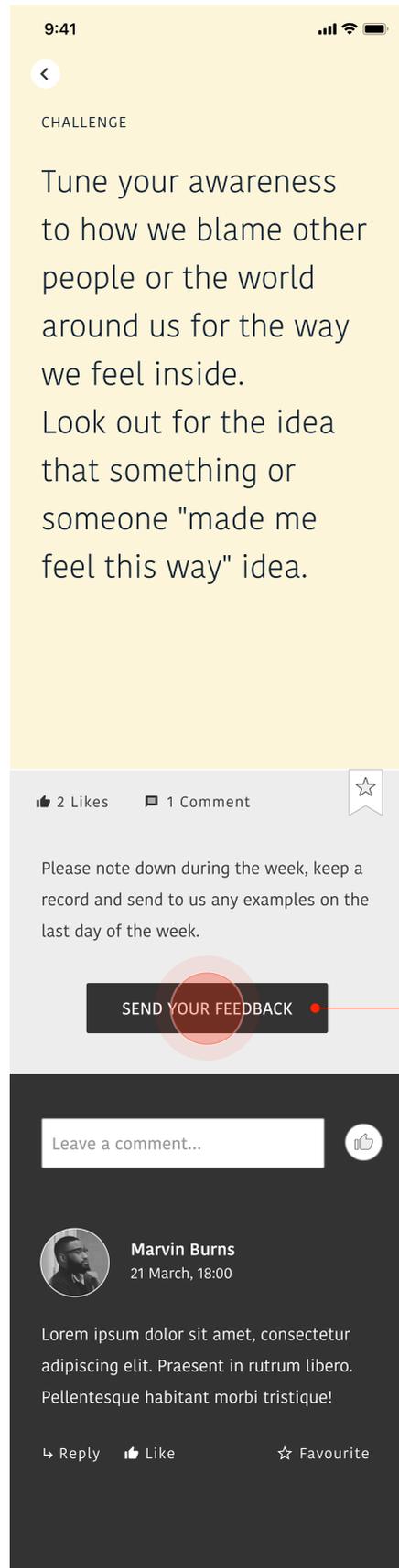SEND YOUR FEEDBACK ●

Leave a comment...
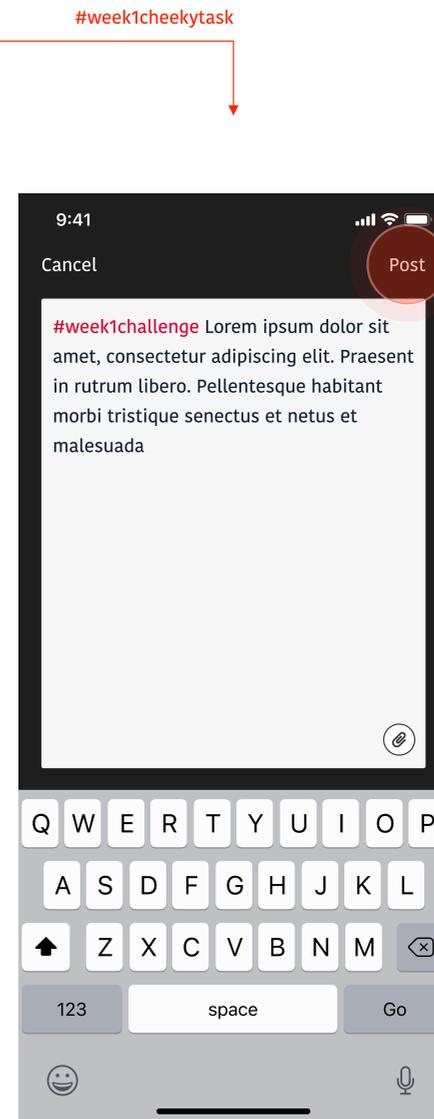
01.H01A

Task response

Users are asked to feedback their thoughts on tasks they have been given. To do this, a user goes to the task's details page and hits "Send your feedback".

Screen 2 (01.H01B)

9:41

CHALLENGE

Tune your awareness to how we blame other people or the world around us for the way we feel inside.
Look out for the idea that something or someone "made me feel this way" idea.

2 Likes   1 Comment

Please note down during the week, keep a record and send to us any examples on the last day of the week.

SEND YOUR FEEDBACK

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

↳ Reply   👍 Like   ☆ Favourite

01.H01B

Challenge response

On Friday, users are asked to feedback their thoughts on the week's challenge they have been given. To do this, a user goes to the challenge's details page and hits "Send your feedback".

Screen 3 (01.H02)

9:41

Cancel   Post

#week1challenge Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada

QWERTYUIOP
ASDFGHJKL
ZXCVBNM
123   space   Go

01.H02

User feedback via 1-2-1 messaging

The user is taken to the chat tab when he can type his response. There is a hashtag refering to the task or challenge so the response can easily be identified.

After typing the message the user hits "Post".

Screen 4 (01.H03)

9:41

🔍 Search

Mark Wolfenstein
18 March, 09:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique?

Me
21 March, 18:45

#week1challenge Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique? In rutrum libero. Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Phasellus ut sagittis lacus. Morbi vitae nisl sed nunc interdum maximus eu sit amet erat. Integer rhoncus

Type here...

Activities   Coaching   Favourites   Profile

01.H03

User's feedback

A learner's response appears in the conversation stream under the coaching tab.