



We've Network Approach

Our Methods and Strategies for Success

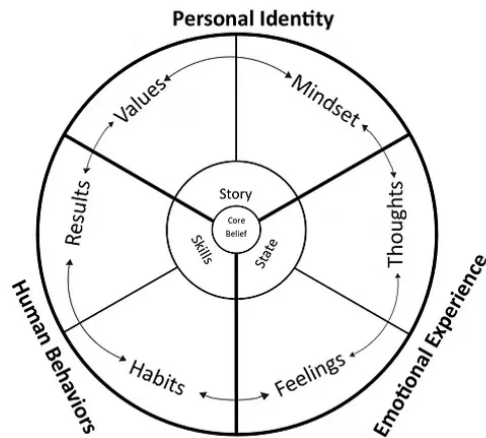
Therapeutic Model

To better understand how the mind works, at We've Network we think of it as running an operating system, just like a computer. We call it the "human operating system" (hOS).

The We've Network Approach to personal development coaching uses the hOS model that Will developed, to empower our clients to create the story of their identity, gain control over their state of being, and build the skills they need to experience the results they want from life.

Our unique approach is informed by cutting-edge research in neurodevelopment, cognitive behavior theory, psychology, sociology, applied linguistics, game theory, mindfulness practices, and Will's first-hand experience living with neurological differences.

hOS
Human
Operating
System



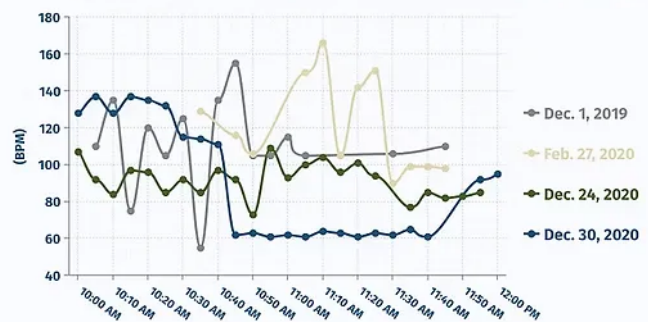
Biofeedback & Smart App Technology

A main component of the We've Network approach is leveraging the power of modern technology that clients and their families often don't realize is already within their grasp.

We are all surrounded by technology that captivates and distracts us. Instead of competing with entertainment and social media for our clients' attention, We've Network meets them where their attention is already focused. We do this, because we understand our clients must be able to use technology responsibly to meaningfully participate in our modern world. With guidance, smart-tech devices can be transformed into powerful tools to promote our clients' growth and development.



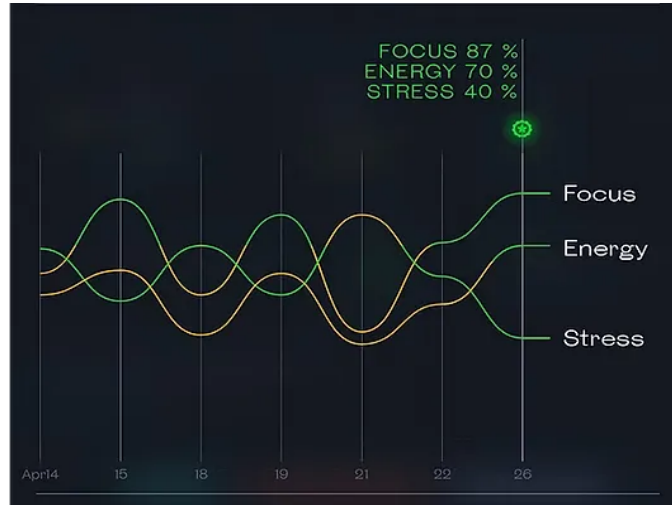
Client Heart Rate Tracking



To increase our clients' autonomy, adaptability, and self-determination, we make recommendations from a selection of vetted smartphone applications for our clients to set reminders for time management, goal tracking, new habit formation, and lifestyle change.

We have also vetted a number of Biofeedback devices for our clients to use at home and in sessions with us to monitor stress levels, practice mindfulness, improve focus, and reinforce self-regulation. All while gaining understanding of how their lifestyle choices impact their health and wellbeing.

We are proud to make cutting edge Biofeedback devices & Smart App technology accessible to anyone that can benefit from it, by coaching case managers on accessing Medicaid funding to pay for this Assistive Technology.



F.E.D.C.
Functional & Emotional Developmental Capacities

9	Reflective Thinking: How am I feeling? Am I more happy / upset than usual?
8	Gray Area Thinking: Something can be right and wrong, depending on perspective
7	Multi-Perspective Thinking: Perhaps A is happening because of B & C
6	Logical Thinking: Ideas and Emotions
5	Symbolic Thinking: Symbolic play and communication
4	Complex Communication & Problem Solving: Sense of self, solve problems
3	Purposeful Communication: Engage in transmit & response cycles of communication
2	Engagement: Be aware of others, make emotional connections
1	Regulation: Ability to calm self, show interest in the world

Therapeutic Theory

Learning and growth depend on engagement. Storytelling and game play are the most natural way of creating meaning and learning life lessons because they are so naturally engaging.

At We've Network we're all proud to be nerds. So, naturally the We've Network Approach taps into our culture's generational fascination with the media of fantasy and science fiction stories to achieve engagement. By playing personally meaningful games with our clients, we are providing opportunities for them to learn lessons and develop skills in fictional realities that are applicable in the rest of their lives.

Through intentionally facilitated collaborative storytelling and cooperative problem solving in game sessions, we practice valuable life skills such as, emotional regulation, perspective-taking, empathy, relationship-building conversations, problem solving, planning, trust-building, conflict resolution, and self-reflection.