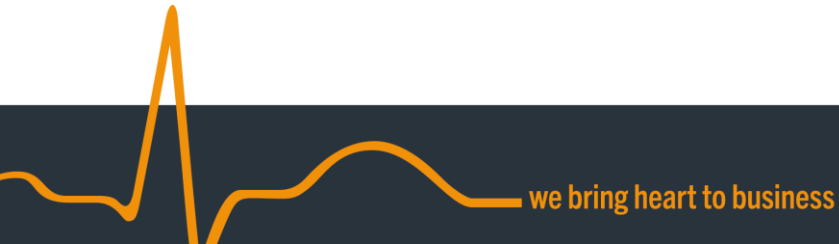




**HEART  
TO BUSINESS**

[www.heart2business.com](http://www.heart2business.com)

**More Health  
More Power  
More Business**



we bring heart to business

A BRAND OF  
**AUTONOM  
TALENT** 

- Since 2006
- > 7.000 HRV analyses
- Worldwide active
- Certified Coaches and Partners
- Privacy & Anonymity



we bring heart to business

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# What we do:



# CREATING SUSTAINABLE HEALTH & WELLBEING TO ACHIEVE A SUSTAINABLE WORLD



2B

we bring heart to business

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TALENT



Companies can't predict the future, but they can build organizations that will survive and flourish under just about any possible future.





# HEART2BUSINESS METHOD

Scientifically based innovative  
tools combined with a digital  
technology



2B

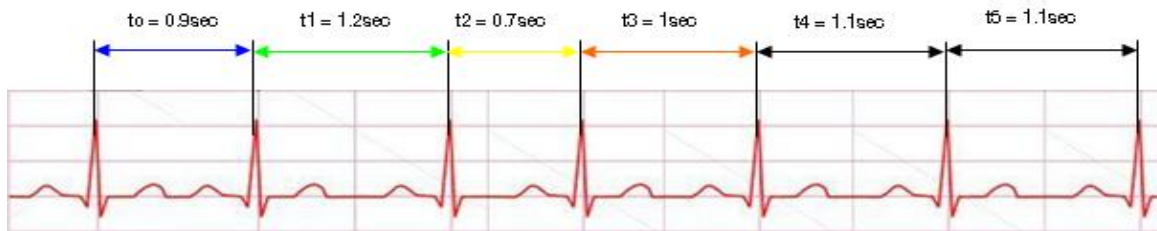
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## 24h cardiac activity analysis

- We measure the heart rate variability (HRV)



### cardiac activity analysis

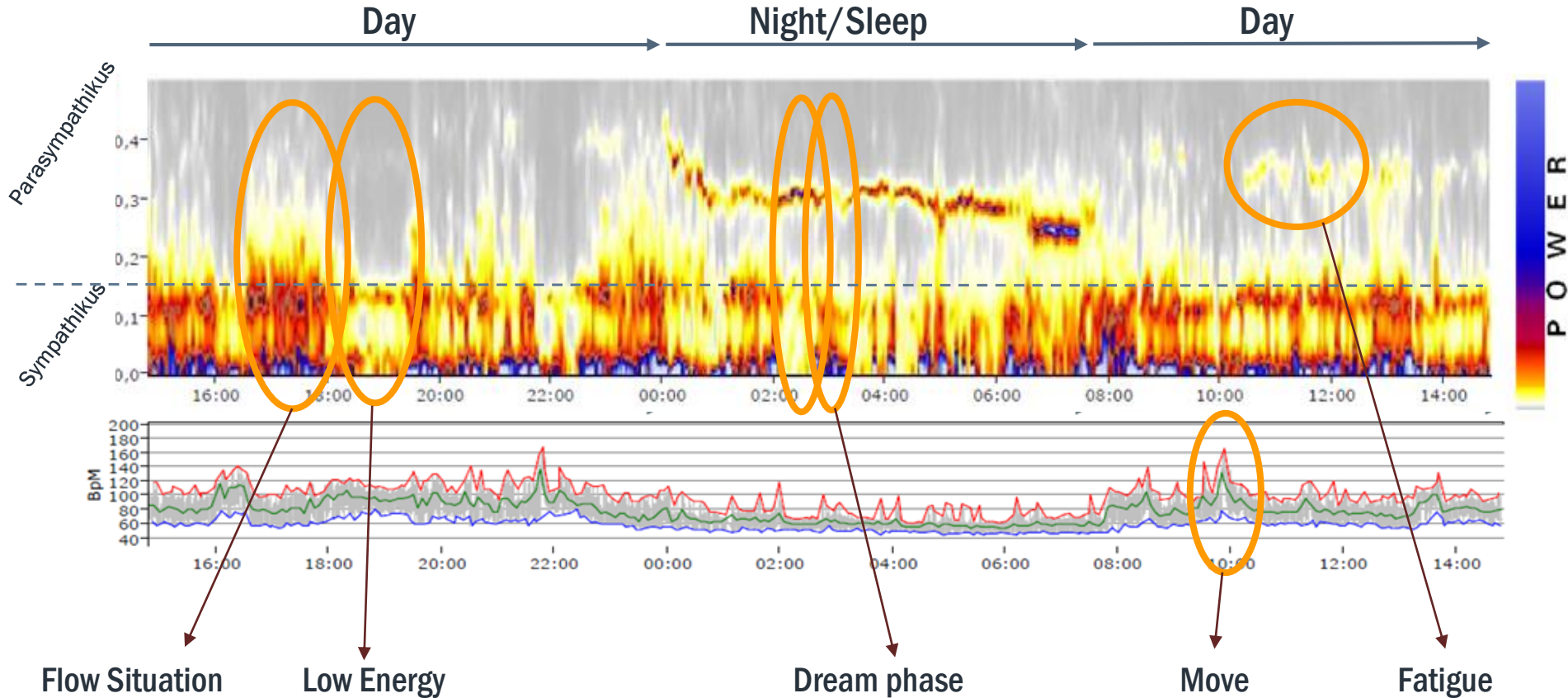
- The cardiac rhythm is operated by the **autonomic nervous system**.  
Physical and mental stress can be objectively derived from this data.

Performance ↔

Capacity to Recover



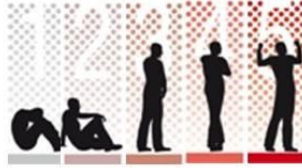
# Spectrogram – Interpretation





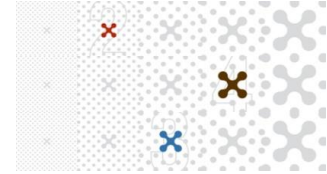
# Results

## INDIVIDUAL



- Spectrograph for a presentation of the **energy level**
- Talent profile
- **Stress index and strain level**
- Recovery and performance diagram
- Sleep quality
- Reflection of a 24-h day
- Strengthening of the **health awareness**
- Strengthening of the empowerment and **resiliency**
- Support in the **unfolding of inner potential**

## COMPANY



- Identifying of resources, strengths and the development potential of the team
- Encouragement of team **resiliency**
- Optimal appliance of the talents
- Protection of the **Sustainability**
- Strengthening of the **overall performance** in the company
- Burnout prevention
- Strengthening of the vitality and the **total energy** in the company

# INNER RESOURCES OUTER RESULTS

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# OUR SOLUTION: HEART2BUSINESS PORTAL



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# Sustainable behaviour change

People are complex:

- Changing our behavior is the biggest challenge we face

eCoaching:

- Simple, Fast, Secure
- Lowers social and society barriers
- Time independent
- Individual customized
- Nudging small steps big results







# Heart2Business References



## Key Take Aways:

- Healthy and motivated employees
- Top Employer=branding
- Teambuilding and engagement
- Improve productivity and performance
- Communication via one platform
- Single source of reporting and data on wellbeing program
- No IT implementation necessary
- Multi tenancy platform – partner branding possible
- 1 Euro invest means 3 Euro payback!



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**Ewald Gloeckl, VP Sales**

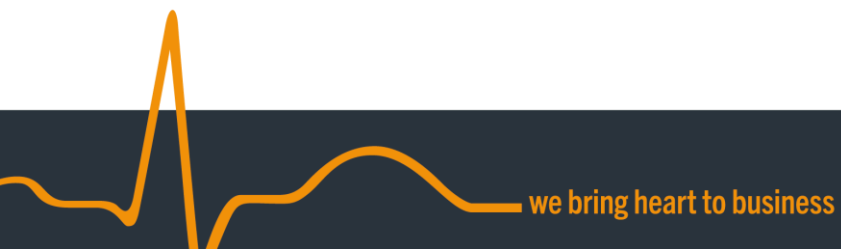
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