



Emotional Wellness & Personal Growth CAPABILITY STATEMENT

Helping organizations cultivate healthier, more engaged, and resilient people through science-based emotional wellness solutions.



WHAT WE ARE

iMindNow® is a science-based, bilingual emotional wellness solution that integrates technology, coaching, workshops, and employee well-being resources to help organizations cultivate healthier, more engaged, and resilient workforces.

DESIGNED FOR

HR, Benefits & Employee Well-Being Leaders.

IDEAL FOR

- HR Departments
- Benefits Managers
- Employee Wellness Programs
- All-Sized Businesses
- Nonprofits & Community Organizations
- Diverse & Multicultural Workforces
- Wellness and Behavioral Health Programs

TOP BENEFITS FOR ORGANIZATIONS

- Reduced stress.
- Increased productivity.
- Higher employee engagement.
- Enhanced emotional intelligence.
- Improved workplace culture.
- Better decision-making.

DID YOU KNOW?

- 83% of U.S. workers report experiencing work-related stress.
- 19.1% of the U.S. population has an anxiety disorder.

Source: Occupational Safety and Health Administration (OSHA).

WHAT WE OFFER

- Platform
- Workshops
- Coaching
- Assessments
- Employee Engagement
- 100% Bilingual



iOS



Android

WHY ORGANIZATIONS CHOOSE iMindNow®

- Science-based emotional wellness approach.
- 100% bilingual (English & Spanish).
- Workshops, coaching, and digital wellness tools in one integrated solution.
- Designed for diverse and multicultural workforces.
- Supports employee engagement and well-being initiatives.
- Accessible on iOS and Android.
- Certified W/MBE supplier.

IMPACT STATEMENT

Empowering People. Strengthening Organizations.
Building Better Communities.

LEADERSHIP & BACKGROUND

María del Rocío Feaster
Founder & CEO, I-Mind Inc.



- Systems Engineer.
- 20+ Years of Technology & Business Leadership.
- MBA (Honors) – Entrepreneurship.
- Certified Scrum Master (CSM).
- Certified Professional Life Coach.
- Creator of iMindNow®

OUR INTERDISCIPLINARY TEAM

Bringing together expertise in emotional wellness, professional coaching, and technology innovation.

- Emotional Health Professionals.
- Certified Professional Coaches.
- Technology & Innovation Specialists.

THE iMindNow® SOLUTION

Workshops, coaching sessions, and our science-based bilingual wellness platform empower individuals and organizations to cultivate greater well-being, resilience, engagement, productivity, and personal growth.

iMindNow® is designed to complement emotional wellness initiatives and may be recommended by wellness and behavioral health professionals as an accessible resource that supports well-being and personal growth between sessions.

Available on: iOS and Android.



iMindNow® PLATFORM FEATURES

- More than 25 emotional wellness and personal growth topics.
- Stress management resources.
- Leadership development tools.
- Time management resources.
- Anxiety prevention and resilience practices.
- Gratitude and emotional wellness resources.
- Enhanced sleep resources.
- Breathing notifications.
- Daily inspirational quotes.
- Self-assessments and self-reflections.
- Customized bilingual content.
- User-friendly interface.
- Employer administration portal.

WHAT OUR USERS SAY ABOUT iMindNow

"Thanks to iMindNow, our employees have noticed a tangible increase in their productivity and improved quality of interactions. In addition, everyone in our team feels less stressed."

— Mabel Bayona

By using iMindNow in our company, we have noticed a positive change across the entire team. Our employees feel more productive and have significantly reduced their stress levels."

— Fran Milosevich

"iMindNow has had a profound impact on my overall well-being. It has helped me reduce stress and improve my sleep."

— Attila Szabo

"What I have learned from iMindNow leadership's content has assisted me to motivate those around me and help them bring out their strengths and talents."

— Miguel Rodriguez

CERTIFICATIONS & RECOGNITIONS

Recognized by trusted business organizations.



NAICS CODES

- 513210 – Software Publishers
- 541511 – Custom Computer Programming Services
- 621330 – Offices of Mental Health Practitioners (except Physicians)
- 611430 – Professional and Management Development Training
- 624190 – Other Individual and Family Services

LEARN MORE

▶ Watch Video Testimonial

📱 See iMindNow® in Action

🌐 Visit www.imindnow.com

🔗 Connect with us on LinkedIn

Supporting employee well-being through accessible, science-based emotional wellness solutions that drive engagement, productivity, resilience, and organizational success.

Disclaimer: iMindNow® provides educational and wellness resources designed to support emotional well-being and personal growth. It is not intended to diagnose, treat, cure, or prevent any medical or mental health condition, nor does it replace professional medical, psychological, or behavioral health care. Individuals should consult qualified healthcare professionals regarding their specific health needs.

