

If you want to understand yourself and others better

What matters to you? What gives you energy, and what makes it difficult to choose? SGL Coach Personal gives you your own AI coach to help you explore questions like these and find something concrete you can try in everyday life.

You may be young and facing choices about studies, work and relationships. You may also be older and want to understand your own reactions or find a new direction. You do not need any prior knowledge. Start with something on your mind now.

A conversation based on your life

The coach is called JP2. You type or use your voice. JP2 asks questions that help you see the situation from several perspectives. The conversation draws on Jan Petrus Hagberg's SGL, models for interaction, group growth and leadership.

You can prepare for a difficult conversation, explore what you enjoy or examine why you often take on a particular role with others. You choose what to do with the insight.

What you can work on

- **Communication and interaction.** Understand how you express yourself, what role you take on, and how you respond to others.
- **Choices and motivation.** Examine how you make decisions, what drives you, and what you want to prioritise.
- **Mastery and life balance.** Look at the relationship between challenges and skills, and at what puts you under strain or gives you energy.
- **Personal growth.** Discover habits you want to develop, and try other ways of responding to a situation.

Personal gives you access to eight of the product's fifteen conversation topics. You get the mapping for these topics, relevant exercise films and selected parts of The SGL Handbook. You track your own work in Map.

SGL your way

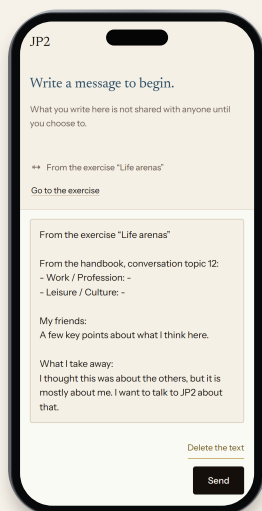
Watch the films and talk to JP2, or read The SGL Handbook. Answer the exercises in the app or write to JP2. Switch whenever you like, and JP2 helps you bring it all together.

A first step you can try

Tell JP2 that you are unsure what to choose next. Explore what you are good at, what interests you, and which expectations you are trying to meet. Then choose one small action that can make the choice clearer.

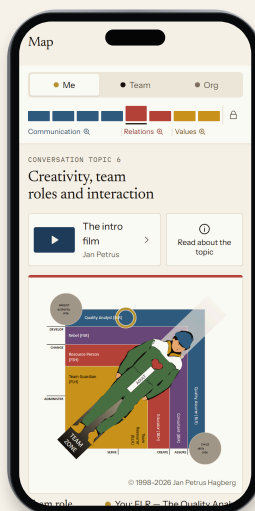
Your own conversation

Other users cannot see your conversation with JP2. Personal is for your own work. If you want all fifteen topics and to share insights in a team, choose Team.



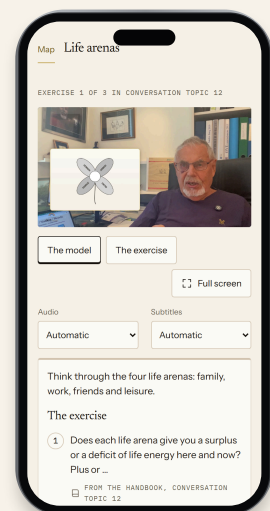
CONVERSATION

Type or talk to JP2. Feel free to bring an exercise into the conversation.



MAP

See where you are in the eight topics. The lock shows what Team adds.



EXERCISE

Watch the film and answer the questions at your own pace.

€6.99 a month or €69.90 a year. Try it for free at sglcoach.app.

JP2 is an AI and can make mistakes. SGL Coach is a tool for learning and reflection. The service is not therapy or healthcare.

WORKS ON  iPhone  Android  Windows  Mac

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THE APP