IYWI
If You Work It

FOR RECOVERY COACHES

Stay close between sessions.

Most setbacks build in the days between sessions. With IYWI, clients can choose to share their daily check-ins with you, so you see the signs sooner and reach out when it matters most.



WHAT IYWI DOES FOR YOUR COACHING

See the signs between sessions
Clients who add you as a Supporter share daily check-ins, so you notice when mood dips or urges climb.

Sessions start with context
Check-in summaries show how the week really went, so you spend less time catching up and more time coaching.

Earlier, better-timed outreach
Get a heads-up when a client reports high urges or low mood, and reach out while it can still help.

Clients stay engaged
A daily ritual, milestones and encouragement keep clients connected to their goals between sessions.

HOW THE EARLY WARNING WORKS

See the signs sooner. Have time to respond.

They check in
A minute a day on sobriety, mood, urges and gratitude.

You see the shift
Brief summaries show when mood dips or urges climb.

You get a heads-up
High urges or low feelings trigger an alert.

You reach out early
Call, text or meet up before the next session.

GETTING STARTED

1. **Clients download IYWI.** It's free on iPhone and Android, and takes about a minute to set up.
2. **They invite you as a Supporter.** They choose what to share, and can change it anytime.
3. **You stay in the loop.** Check-in summaries and heads-ups arrive between sessions.

Scan to download IYWI
Free for you and your clients.

Built with privacy and respect. Clients choose who sees their check-ins. IYWI supports your judgment; it doesn't replace clinical care or emergency services.

iywico.com