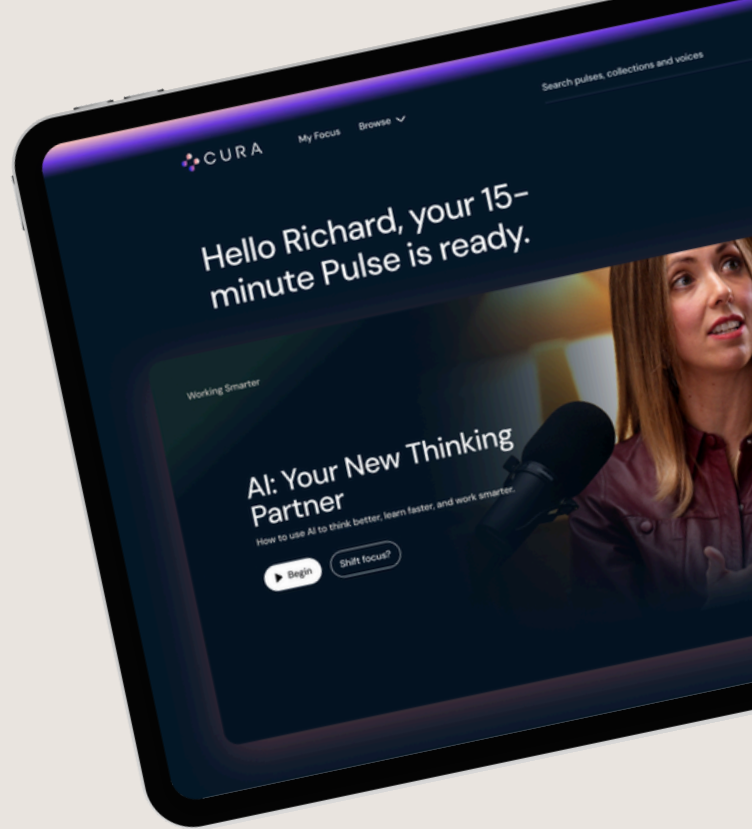




GET *FUTURE* READY



Meet CURA. Upgrade how you think, feel and perform in just 15 minutes a week.

Scan to begin



Your organisation has given you free access.

LET'S BEGIN



HOW IT WORKS



Learn

Take a 15-minute Pulse from leading experts once a week.



Act

Try one simple action and build a powerful new skill.



Build

See what works, make habits stick and track your progress.

Six connected areas.
One you.

Mental
Fitness
Strengthen
your
mindset

Working
Smarter
Reclaim
your
time

Health &
Longevity
Invest in
your future
health

Leadership
& Influence
Help
others
perform

Future
Readiness
Stay
ahead of
change

Energy &
Recovery
Sustain
your
energy