

An Exclusive Club and Transformative Lab Team Up to Reinvent Personal Wellness

Wearable Technology a Game-Changer for Mental Health

PALO ALTO, CALIFORNIA, UNITED STATES, February 11, 2016 /EINPresswire.com/ -- What if exclusive clubs were changing the world for the better instead of shutting others out? That is exactly what the [Hardware Club](#) and [Transformative Technology Lab](#) are doing with their new academic partnership.

They are leveraging new wearable gear with personalized wellness solutions to improve mental health, alter corporate cultures, overhaul higher education, and reinvent leaders.

Based at Sofia University in Palo Alto, CA, the Transformative Technology Lab and its sister company [Finders Course](#) are already working with Silicon Valley's most Type A CEOs to help them sleep better and reduce stress on the job - and away from it as well.

Using "FitBits for the mind" like Muse, Sleep Starter, and Spire are key elements so far, but partnering with the Hardware Club will help scale a program that could help anyone from the small business owner to the mom of three live better. According to Transformative Technology Lab co-founder Nichol Bradford, "We want to break out of the crowd among 130 million possible search results about personal wellness, mental health, and meditation ideas on Google."

And it's just not personalized solutions that could lead this partnership to change the overall culture of mental health. It could also transform workplace relationships and academic curriculum.

Bradford says that the lab's work with Sofia University is proving that graduating students with Masters in Engineering and Minors in Psychology will be the new normal to develop leaders. And VCs like the Mayfield Fund are taking notice.

"Technology is taking a bigger role in personal outcomes, and we should embrace customized solutions that help people improve their lives," says Bradford.

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