Why Innelo

Your situation deserves more than general advice.

When the challenge is personal, the guidance should be too. Find clarity, direction and a step that genuinely fits your life.

Less searching. More that speaks to you.

An eight-hour self-help book may have plenty to say – yet remain unfinished before you reach what matters to you. Individual coaching can be costly. Open AI such as ChatGPT can offer useful ideas, but also general advice and inaccurate claims. You do not need more clichés. You need knowledge you can apply where you are.

Listen. Anchor. Act.

Three parts that help you move from understanding to your own next step. Included with every audiobook.

01 Your personal audiobook

10, 20 or 35 minutes with Brian as the fixed narrator. A focused story that meets your situation, challenges and goals.

02 Your interactive workbook

Anchoring questions after each section. Write and save your own answers on the audiobook page. Your reflections are private, including from administrators.

03 Your one-page Action Plan

Bring together key insights, the method's most important steps, your Growth Move and your own notes. Save, print or download as a PDF, also in your ZIP package.

A person behind it. A clear foundation.

Stig-Arne Kristoffersen's writing on mental training, sport, habits and leadership is the foundation of The Innelo Method. Your situation meets a bounded, reviewed collection of verified summaries – not open internet searches. Content is reviewed before audio production.

You receive a personal application, not a reading of the original books. Internal review is not external certification or clinical validation.

For what you are facing.

Professional Roles & Leadership

Difficult conversations, new responsibilities and decisions. Find steadiness in your role and clarity in your next step.

Athletes & Leaders

Performance pressure, setbacks and training habits. Strengthen the direction for yourself or your team.

Personal Development & Change

New stages of life, everyday pressure and lasting habits. Make room for what matters to you.

From challenge to action.

Describe your situation and receive something to return to: a voice to listen to, space for your thoughts and a practical plan. Our aim is a finished audiobook and action plan in under an hour. Timing can vary with demand and quality review.

Your words stay private.

Your workbook answers are private and visible only to you. Personal data is handled in accordance with GDPR and applicable data protection rules. Your personal audiobooks and notes are not published or used in our marketing. Necessary service providers process data to deliver the service; no digital service can promise absolute security.

Your account is free. You only pay for the audiobook or subscription you choose.

Innelo is an educational development tool, not healthcare, therapy or medical advice. It does not replace professional care or guarantee individual results.