

Script:

Do you ever get distracted, lose track of time, or feel overwhelmed by work?
Meet Theo!

Built for ADHD learners—but useful for anyone—Theo is a friendly teddy bear turned virtual work buddy on your phone. Theo plans your work, keeps you focused, and helps you take a breath with zero judgment. Instead of timers and to-do lists that nag, you get a teddy bear coach... but way nicer and way more... BEARable.