

Energy Programme



A fun, energetic and interactive digital programme that's proven to help people get their energy right, in just 5 mins a day for 10 days.



why?

ENERGY KICKS ABILITIES ARSE.

Without energy we have no enthusiasm, drive or motivation and our abilities are lost. When our energy is right everything becomes easier, more fun and we become more successful.

how?

LIGHT-TOUCH DIGITAL DELIVERY.

Our Interactive Webinar gets people engaged and excited about experimenting with their energy. We follow this with our 10-day digital programme which gives people a new behaviour to experiment with each day, helping them to land their learnings as they go:

- Each day starts with an email featuring a short video introducing you to a new behaviour to try out.
- Each afternoon you then get another short video to help you review your day and focus on what your big learnings have been.

AND THAT'S IT! It's easy, it's fun, and the impact it delivers far outweighs the effort required.

Thousands of people have used the Elvis Energy Programme and with powerful results, every time. After just 10 days, people report 43% more energy to play with. They experience a 28% increase in the positive impact they create every day, and a 20% increase in how clear they are about what's truly important to them.



The energy, quality and entertainment level was ten out of ten. I received hugely positive feedback after the webinar. The digital program is a fantastic way to embed the practical tips and simple actions which everyone can easily implement.

KRISTINA MICHALSKY, General Manager, UK&I, Microsoft