

DIGITAL:

**UPPING YOUR
ELVIS**

5-DAY DIGITAL PROGRAMME

Our 5-Day Digital Programme is designed to embed a series of simple behaviours that will have a huge impact on your work and life.

The perfect support to an Upping Your Elvis experience or as a stand-alone boost, the 5-Day Digital Programme helps lock-in new behaviours for the long-term and helps people to get their energy right, so they can achieve more through their unique talents, every day.

WHAT HAPPENS?

We invite people to join us for a 5-Day Programme of micro-actions.

By breaking down the behavioural changes into micro-actions, we can support people with a series of daily prompts to help embed the new behaviours needed to lead change within their business.

This includes:

- A five day program of micro-actions based on content from the Upping YourElvis workshops.
- Each day people are emailed their days action with a supporting video and downloadable PDF to remind them about the behaviour we're asking them to try out that day.
- Throughout the 5 days we'll include check-ins to encourage progress and collect feedback from users.
- Through a super simple pre & post survey we can measure the impact the programme has had on people and their energy, sharing the results with you.

DELIVERABLES

- A powerful 5 day program designed to lock-in the behaviors that are key to creating a healthy, happy business .
- Daily reminders of the power and impact the behaviors can have on people and the wider culture.
- Social proof, through the feedback collected throughout the 5 days.

CONTACT US

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Click on the image below to watch a video from Chris & Jim explaining more about how the 5-Day Digital Programme works and what the benefits are for taking part.



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