

# DIGITAL: 5-DAY PROGRAMME

## UPPING YOUR ELVIS

We're deeply passionate about making sure that our impact is sustained for the long term within your business.

Our 5-Day 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 energy boost, the 5-Day programme helps to lock-in new behaviours for the long-term and helps people to get their energy right, so they can get their extraordinary on, every day.

### WHAT

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 would include:

- A five day program of micro-actions based on content from the Upping YourElvis workshops.
- Each day people are emailed their days action with supporting video and downloadable PDF content reminding 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 5-Day Programme has had on people and their energy.

### DELIVERABLES

- A powerful 5 day program to refresh people on the behaviors they committed to bring into the business during the Elvis Foundations workshop.
- 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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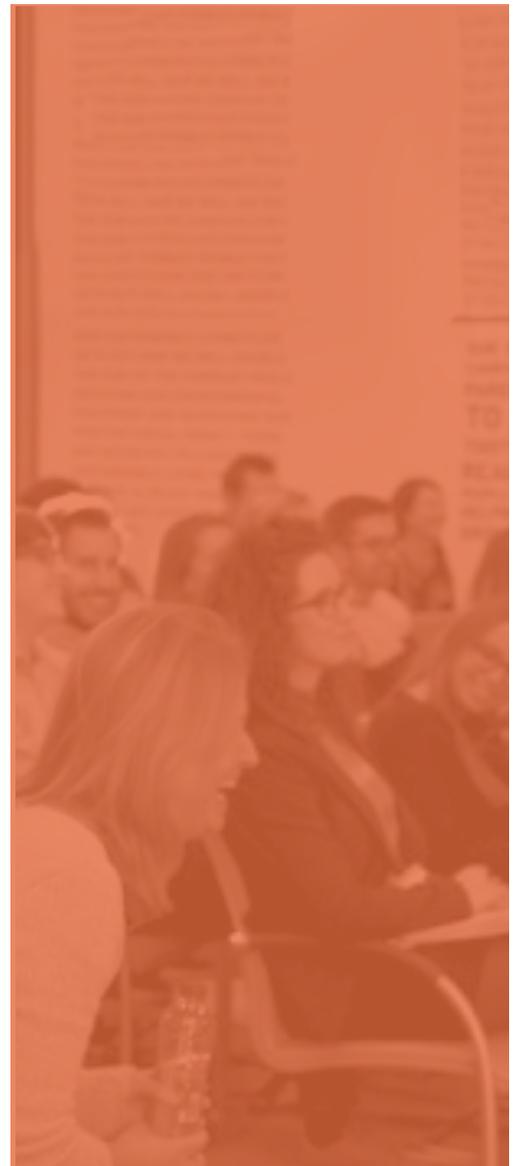
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