

# HEALTHY, HAPPY BUSINESS IN CHALLENGING TIMES.

Your people are your biggest asset and right now they're going through unprecedented times, making it more important than ever to invest into their feelings of connection and wellbeing.

## ? THE ISSUE

**THE WAY WE WORK IS CHANGING AT WARP-SPEED**, creating an incredible opportunity for us to invest our energy into learning new ways of staying connected as humans and as businesses.

The challenges we're experiencing right now mean we've never been more in need of support.

**IT'S UP TO US ALL TO USE OUR TIME WISELY...**

## ★ OUR SOLUTION

Our digital program focuses on creating a **DEEPER SENSE OF CONNECTION BETWEEN COLLEAGUES**, whilst helping us all to be more effective when we have access to less resources than usual.

We embed a more human and energetic way of working to keep peoples creativity & energy high, whilst giving us all **A BOOST TO OUR MENTAL WELLBEING.**



## ☁️ WHAT DO YOU GET?

A digital program designed to embed a series of simple behaviours that will have a huge impact on your work and life, **helping you to embrace change and shine.**

We help people to **develop positive wellbeing** so they come out raring to go in these unusual times!

A fun, energetic boost that's not just the best part of your day, it **set's the rest of your day up so you can only win...**

- Understand how getting your energy right means you're ready surf the wave of change, every day.
- Learn how to set-up every interaction so that you get the most out of it every time, wherever you are.
- Discover how to constantly learn and share appreciation with colleagues.
- Learn new, energetic and creative behavioral approaches which can be applied to any issue you might face.
- A huge boost to your focus, mental health and general wellbeing.

## ↑ RESULTS

Our digital program's are proven to deliver powerful shifts in behaviour that help to create healthy, happy businesses:

- People proactively seeking feedback 'at least twice a week' grew from 43% to 81% following our program.
- 98% scored themselves an 8 or above on 'focus' following the program\*.
- 87% scored themselves a 7 or above on feeling in control of their time\*.

\* Out of 10

## CONTACT US

[chris@uppingyourelvis.com](mailto:chris@uppingyourelvis.com)

**+44 7973 736 337**

[jim@uppingyourelvis.com](mailto:jim@uppingyourelvis.com)

**+44 7976 432 220**