

# THE UPPING YOUR ELVIS DIGITAL PROGRAMME

Our digital programme helps people to bring more energy to their work and lives so they can be more extraordinary, every day.

## HOW DOES THE PROGRAMME WORK?

Packed full of simple tips and behaviours that will transform the way people show up, and make sure they're using their energy in the right way.

There are 4 'bursts' to the programme, each one running for 5-Days, covering:

1. **Get your Energy Right:** Understand the foundations to making work fun & easy.
2. **Get Laser Focused:** Use your energy and abilities on the things that matter.
3. **Go Deep:** Learn how to unlock more of your subconscious genius.
4. **Get your Freak On:** Deploy your talents to create a positive impact, every day.



## RESULTS THAT SPEAK FOR THEMSELVES...

98%



OF PEOPLE SCORED THEMSELVES AN 8  
OR ABOVE (OUT OF 10) ON **FOCUS**

87%



OF PEOPLE SCORED THEMSELVES AN 7 OR  
ABOVE (OUT OF 10) ON **FEELING IN CONTROL**

88%



INCREASE IN PRO-ACTIVELY  
**SEEKING FEEDBACK**

GET IN TOUCH TO FIND OUT MORE

chris@uppingyourelvis.com | +44 7973 736 337 | jim@uppingyourelvis.com | +44 7976 432 220