

## “Core” Wellbeing Programme Case Study 2018-2019

*A group of 8 delegates went through our flagship 6 month programme of Transformational Lifestyle Coaching and Performance Coaching*

They experienced (on average):

**Energy levels ↑ by 31.1%**

**Stress ↓ by 30%**

**Stress Management ↑ by 36.8%**

**Blood Sugar Control ↑ by 20.7%**

**Sleep ↑ by 36.5%**

**Confidence ↑ by 59.5%**

**Managing Emotions ↑ by 43.9%**

**Body Fat ↓ 1.5%**

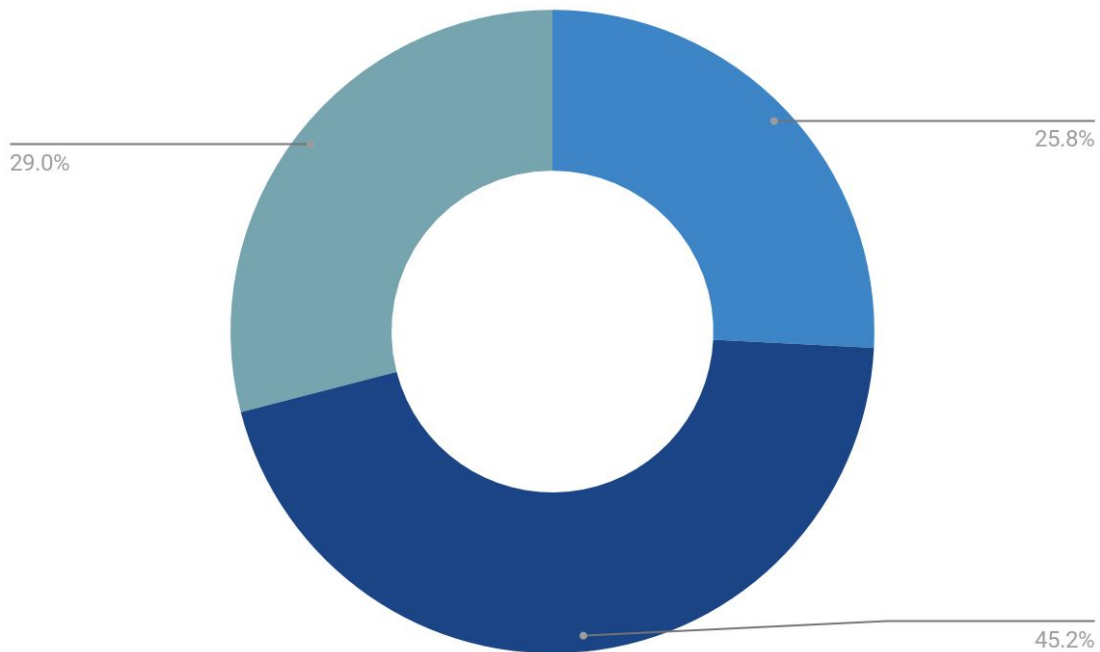
**Weight ↓ 2.4kg**

*“The course is very much about what we would like from it, which is so good”*

*“It has been amazing with the results being even more amazing than ever could have imagined”*

## Behaviour Change Data:

60 new behaviours/habits were initiated over the course of the programme, and by the end of the programme 18 were established into lifestyles:



<b>TOTAL BEHAVIOURS</b>	<b>60</b>
<b>INITIATED</b>	<b>16</b>
<b>CONSOLIDATED</b>	<b>28</b>
<b>ESTABLISHED</b>	<b>18</b>

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