



WILLMOTT DIXON



# LIFE BALANCE PROGRAMME CASE STUDY

MARCH 2023

# Motus x Willmott Dixon LifeBalance Programme

Helping to energise and transform your working culture to achieve the goals of the business while supporting the wellbeing of your employees.

Here is a group summary of the key data we have gathered over the course of the programme using both objective and subjective measures.

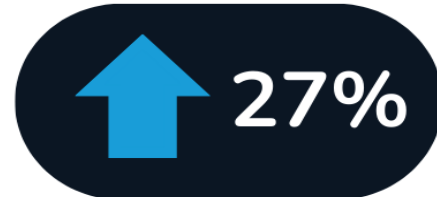
**STRESS LEVELS  
REDUCED BY  
9%**

**ENERGY LEVELS  
INCREASED BY  
33%**

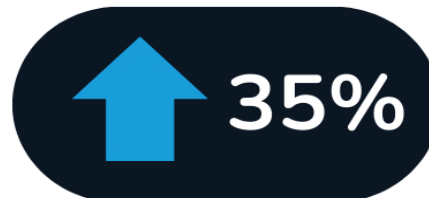
## Overall Health and Wellbeing



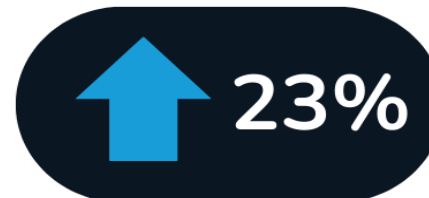
## Confidence



## Resilience



## Motivation



## BIO SIGNATURE



Umbilical  
(Stress)



Supra-iliac  
(Insulin  
Carbohydrate)

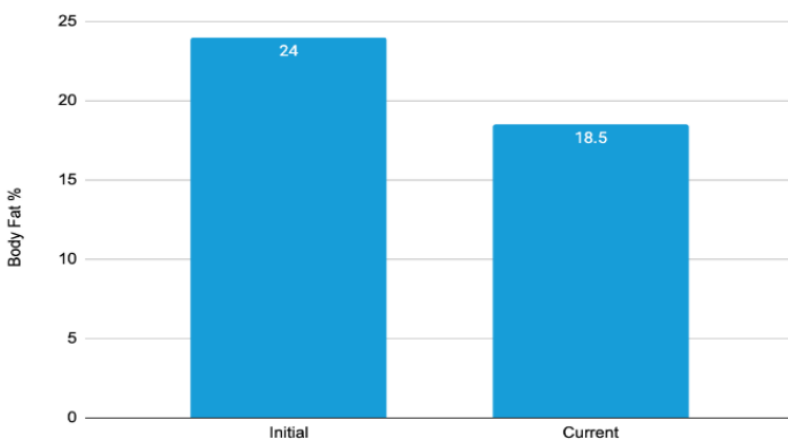


Sub-scap  
(Insulin  
Resistance)

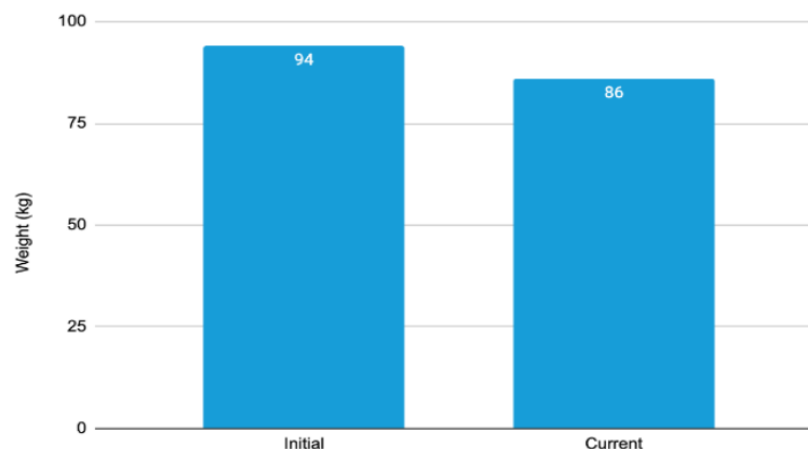


Calf  
(Sleep)

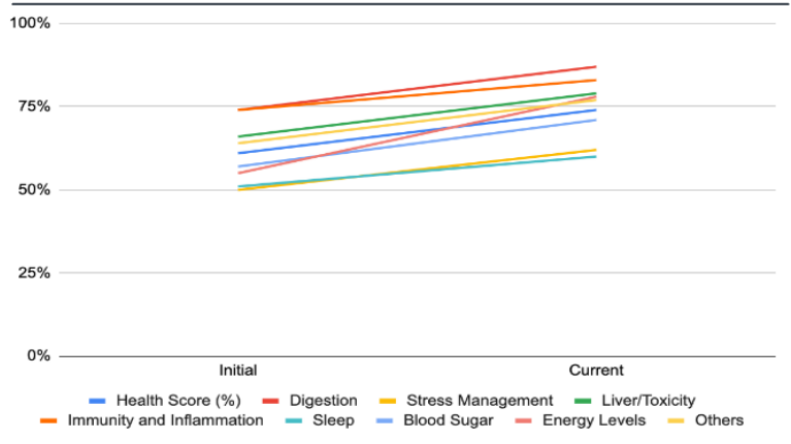
## BODY FAT - REDUCED BY 5.5%



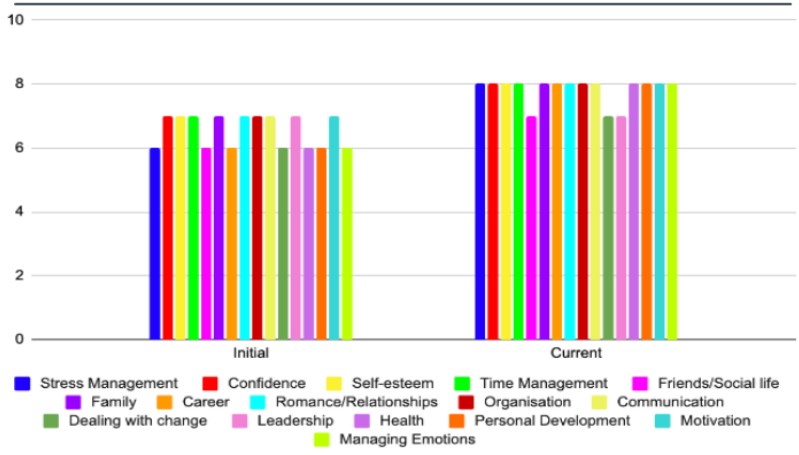
## WEIGHT - OVERALL LOSS OF 8KG



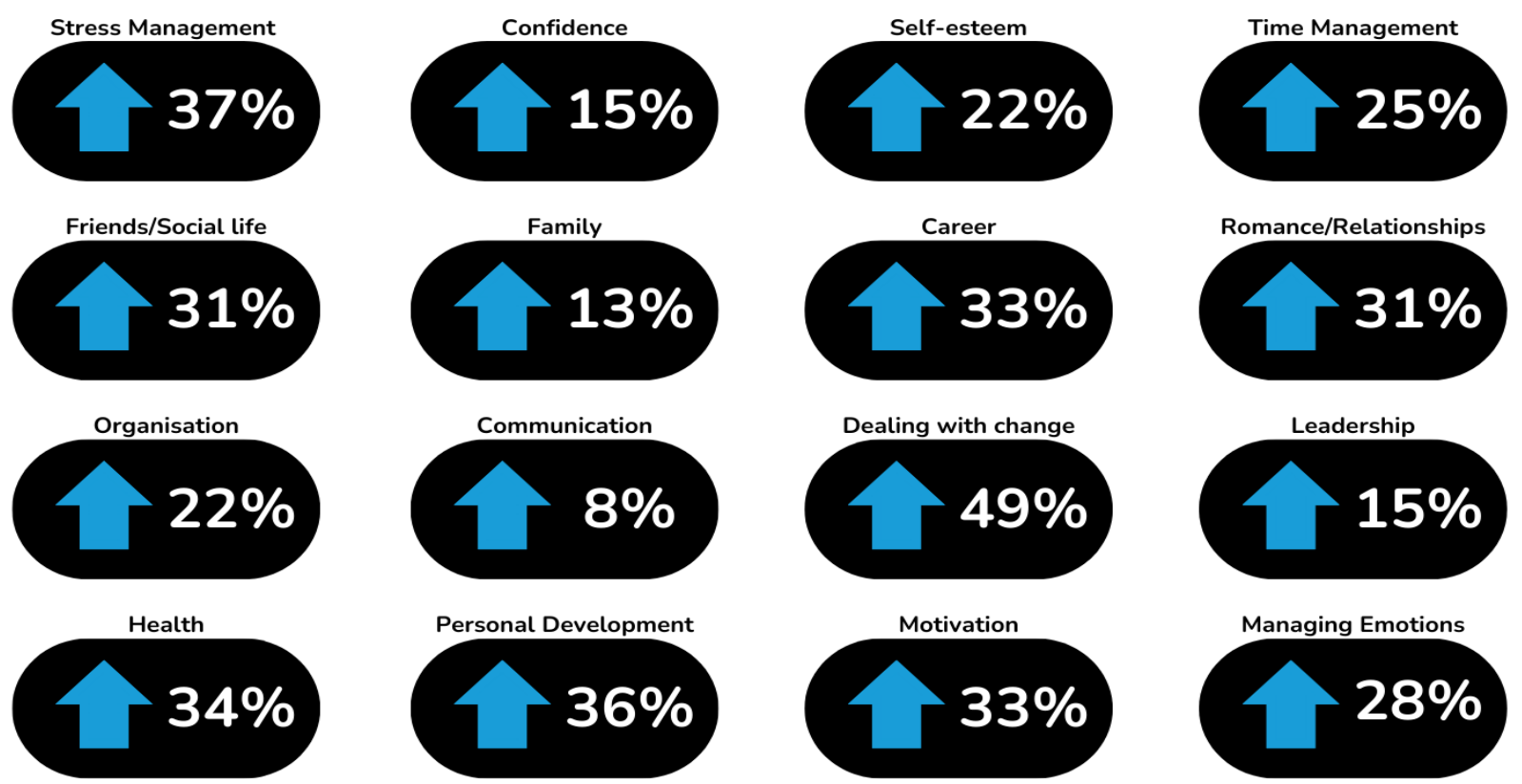
## NUTRITION AND LIFESTYLE DATA ▼



## BEFORE AND AFTER SELF REPORT ▼



## THE RESULTS ▼



Delegates have reported these lifestyle changes having a clear knock-on effect to their mindset, attitude and performance at work (which has been noted by colleagues), and also having significant positive effects on their home life/personal relationships. This is a prime example of positive reinforcement: bring less stress home = a happier home life = a better nights sleep = turning up for work in a better place physically and mentally...and so on.

Overall how satisfied are you with the delivery of the programme?

↑ 97%

How beneficial would you say it has been to your overall health and wellbeing?

↑ 91%

How much has the programme improved your performance at work?

↑ 84%

How much has the programme improved your resilience/ability to manage stress?

↑ 91%

How much has the programme improved your energy levels?

↑ 86%

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### Testimonial

"My standard of life has completely changed. I am looking ahead and find myself thinking of where I want to be in a years time etc. prior to working with Motus I was just existing."

”

”

### Testimonial

"Making better choices for me (and my family) based on what I have learned about myself. Understanding and changing my perception of stress has helped avoid it altogether. Being aware of what I can and cannot control, and not allow myself to be constrained by the latter."

”

”

### Testimonial

"Improved mindset, implementing positive intelligence, and most importantly an improvement of awareness of my mental state and also that of those around me. This enables small proactive changes to be made."

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MOTUS

TO FIND OUT MORE

PLEASE CONTACT MOTUS TRAINING

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