



## **ABSOLUTE MIND+BODY**

### **+ PERFORMANCE COACHING**

1-on-1 Performance coaching for your employees.

Employees/leaders will have 60-90 minutes with a Performance Coach - sessions can be used to help gain clarity on goals - work & personal, formulate plans, improve thinking, increase focus & productivity, reduce stress, and improve energy.

Using techniques from behavioural science, mindfulness, neuroscience, and traditional performance coaching.

All sessions are 100% confidential, and are focused on improving the performance of your employees.

## **COACHING SERVICES**

### **+ WELLNESS CHECK-INS**

Absolute Mind Body will supply a Health coach for your employees to book in with. Employees will be able to book into 30-40 minute 1-on-1 sessions. We will cover current exercise regime, nutrition, sleep, and stress management, as appropriate for each employee.

The health coach will assess each employee's lifestyle habits, answer any questions they may have, and provide practical advice & recommendations on how to make the changes required to improve their overall health & wellness.

Each session is bespoke to the individual, and is 100% confidential. Your employees will go away with some key takeaways to implement straight away.