

HEALTHY LIVING COACHING
EXPERT GUIDANCE TO SUPPORT BUSY EXECUTIVES
ENABLING THEM TO ACHIEVE PEAK PERFORMANCE EVERY DAY



How the program works

- It's well known that healthy living initiatives work best in organisations of all sizes when they have full support from senior leaders.
- This is why we like to work with our clients from the top down. First the senior leadership team, then their direct reports. Then we tackle the next levels in the company structure.

Maximum engagement

- Every level of a business engages more enthusiastically if they know the program is endorsed by their leaders and managers.
- Every leader and manager needs to be familiar with, and directly experience, the benefits of the programme so they can wholeheartedly support the involvement of their teams.

The program format

- Each group attends an introductory workshop to explain how the program works and cover the high level content that helps executives perform at their best.
- Then each individual works with an expert coach to design their bespoke action plan.
- Coaching programs consist of either 5 sessions or 3 sessions.
- Each participant completes a self assessment at the beginning and the end of their program so we can quantify their progress.

Results you can expect

- Everyone who participates receives an injection of knowledge and motivation, with a practical action plan designed to take their health, energy and performance to the next level.
- The shared experience of colleagues and teams participating in the program creates new bonds of accountability, mutual understanding and support, and changes conversations and mindset across the business.
- We've seen the impact of this approach begin with the senior leadership team and cascade throughout organisations of 100,000+ employees. Now that really makes a difference.

"My Coach is extremely talented – observant, empathetic, insightful, and very experienced with helping leaders get past blocks and work through challenges.

I left every session with insights about myself, a fresh perspective of the situation and most importantly a realistic action plan.

Thank you for the guidance, it has made a difference for me!"

Jill Hong , Vice President

How the program makes a difference

We create an environment where leaders don't just talk about prioritising the wellbeing of their team, they walk the walk and act as inspiring role models for their teams.

Added value

We go beyond healthy living. Participants are always pleasantly surprised by the range and depth of discussions, and the extent and impact of the changes they are able to implement.

We may begin discussing how to get fit or work around sleep challenges, and end up creating a whole new approach to how individuals manage themselves personally and professionally.

'I was hesitant before but appreciative after...glad I was able to take part as I left in a better position.'

How participants feel about the program

Hundreds of busy executives have given the program an average satisfaction rating of:

96%

Things are really good thank you. Healthy lifestyle still going very well, sleep is better than it's ever been 😊.

I am not getting stressed with my workload and am able to prioritise what needs to be done and what can wait. This probably has helped with my sleep!!

I don't finish up at the end of the day and mull over what I have not done/completed.

I am building on my confidence and taking time to evaluate my tasks before jumping in.

I think all in all I am a different person to when we had our first Tonic session.

All thanks and credit to you 😊

Discover more about our coaching programs

www.the-tonic.com/healthy-living-coaching