**Why is health important to business?**

Jim Loehr: “CEOs for decades have been repeating a false story by stating:  
The workers physical body is not business relevant”

Health is the missing cog. We have business coaching and more recently EQ (emotional) coaching. For staff to function at their optimum, they must be healthy and have reasonable energy. To think otherwise is false. Health coaching can provide the missing link to your staffs performance.

**Are you achieving this compared to your competitors?**

Studies show over a 12 year period, companies with high-performance cultures outperformed their more average peers by:

* 4x revenue growth;
* 8x employment growth;

**If your staff are fit & healthy you can expect:**

* Greater value to the business and it’s people
* Increased profits and ROI
* Increased brand recognition
* Workplace of choice

**The biggest problem with your work force is:**

* + Disengagement: Everyone wants to be somewhere esle
  + 1 in 6 employees is overworked and vacations not taken
  + Many suffer neck or back pain (62%)
  + Many have sleep problems (34%)

**Is it fair to say people can work like that?**

**Studies show successful corporate health problems can create:**

* 26.8% reduction in absenteeism
* $5.81 savings on every dollar invested

**What staff want and need?**

The line between home and work has become more blurred. As a result, the work environment needs to provide as much as possible to offset the melting line of work and home. Otherwise staff will go somewhere that does provide the right benefits. If they are going to work 40 – 60 hours for you, this leaves very little time for them to do much else. They need & want to remain fit and healthy as staff don’t want to be worked into the ground. You can give them the piece that is missing. Make their lives better not worse.

**What I do?**

I provide your company with an opportunity to reduce the high cost of absenteeism and presenteeism. By doing this, you get to position your business so it attracts and retains the highest quality of staff, at the same time as increasing revenue. You become more, when your staff become more.

**Testimonials: 65% of people in APS are now doing more exercise than they were 12 months ago.**

**“The energy post a lunch time work is enormous”**

**The offer:**

To learn more about how I can help you stay ahead of the game I have put together an offer to APS delegates.

For the first 15 companies to contact me, I will come and assess your business and it’s suitability to meet the current demands of staff. For this to occur I will require some information on your business, which will remain confidential of course.

After assessing your situation I will come to your office and discuss my findings for you, so you can see where you are at where you need to get to. I will also outline how PR Performance Coaching may be able to assist you.

You can also go to <http://www.prperformancecoaching.com/presentation.html>

To see a presentation I did to APS.