

Per4RM[®]



A SCIENCE-BASED 8 WEEK INTENSIVE TO RESET HOW YOU LIVE & TRANSFORM YOUR PERFORMANCE

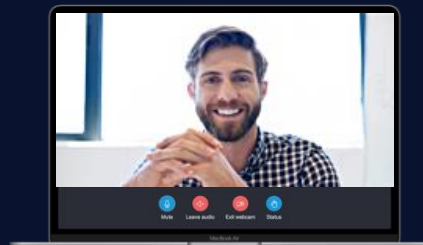
Find the clarity for the big decisions, the focus for your main objectives, the energy to execute and the stability to remain consistently in control



Cognitive performance & biometric tracking build self-awareness and gathers data to inform target areas (sleep, nutrition, physical exercise, mental exercise, caffeine, alcohol)



Structured 1-on-1 sessions with your fully-qualified coach support deep reflection & personal change



Detailed analytics provide powerful data-driven insights and recommendations to help you achieve your goals



- Per4RM is delivered virtually and runs alongside your day-day workload requiring an average of only 1 hour per week
- It includes all programme materials, a FitBit smartwatch, a detailed Personal Workbook and a digital copy of the OwnLife Handbook
- All your personal data is treated as strictly confidential. It is held securely and will never be shared outside OwnLife Analytics Ltd

1



Set up the OwnLife app & book your coaching sessions

2



1st Coaching session: Developing 'form' awareness

3



2 weeks of daily tracking to capture your 'baseline' profile

5



Receive your 20 page report of targeted insights

6



2nd Coaching session: Empowering sustainable change

8



Receive your detailed outcomes & achievements report



3rd Coaching Session: Mindset & owning change