



**CONTENT: SUMMARY FOODSPORT COACHING**





## Summary

## ***Foodsport Coaching***



### Target group

Service: Coaching programmes for corporate clients, based on the *Foodsport* concept.



### Objective / Benefits

Target group: Companies who would like to help their managers and employees working in time-consuming jobs to greater health, success and performance.



### Workshop

Products:

- Practice-oriented workshops in compact form
- Presentations which combine fitness and business topics in an interesting and educational way



### Presentation

Advantages: More motivation, performance and resistance to stress to meet everyday challenges at work.



### Contact



Summary



**Target  
group**

## Who profits from *Foodsport* Coaching?

*Foodsport* coaching services are aimed at managers in time-consuming jobs and those who travel a great deal, who



Objective /  
Benefits

- regularly work overtime
- are very often travelling (field work / business trips)
- frequently stay in hotels and eat in restaurants
- need to cater for themselves during the working week



Workshop



Presentation



Contact



Summary



Target  
group



**Objective /  
Benefits**



Workshop



Presentation



Contact

## **Objective**

More performance, resistance to stress and motivation for your managers thanks to a more healthy, active and enjoyable lifestyle, even in spite of their limited time resources.

## **Benefits**

- Tap the full performance potential of your managers and take the opportunity to reduce preventable stress and other related problems
- Profit from a better quality of life of your managers and the resulting higher level of motivation, satisfaction and loyalty they show to their employer



Summary

## Workshop background: the *Foodsport* book

The development of this Workshop was based on the *Foodsport* book, which is published by a leading publisher in the field of management, training and education.



Target group

## Concept

The workshop concept is based on key facts contained in the book. In this context, great emphasis was placed on practicability and learning by doing in real life situations.



Objective / Benefits

Compared to the book, workshop participants profit from an added value in terms of the information gathered and its implementation in everyday life.



**Workshop**

## Practice-oriented implementation

- Short and Precise (approx. 3 hours)
- Easy to be integrated in Conferences or Meetings as an added value service
- Due to this fact, participants do not need to spend any extra time (e.g. for travelling)
- Speaker / Referee is an experienced manager himself and is familiar with typical problems of his audience with health topics



Presentation



Contact



Summary

## **Presentation topic: Fitness meets Business**

*Foodsport* was developed for busy people who are unable to achieve a healthy, lean and active lifestyle because of a permanent lack of time. Most of these people already know the differences between healthy and unhealthy habits and they are even ready to change them.



Target group

## **Key message**

Best intentions are not sufficient to follow all guidelines for a healthier lifestyle. Without any clear implementation strategy, nothing really changes in real life, except for a resulting guilty conscience.



Objective / Benefits

## **Implementation**

Based on the *Foodsport* book, solutions are explained in an entertaining and educational way (approx. 90 minutes). *Foodsport* presents tips and tricks for a more healthy and active lifestyle, which can be followed and implemented very easily and effectively within the shortest time. This strategy also allows you to enjoy tasty food with no need to starve or have a guilty conscience.



Workshop

## **Benefit for the audience**

Sets the stage for a better quality of life and encourages them to aim for a healthier lifestyle despite an everyday lack of time

**Presentation**


Contact



Summary



Target  
group

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Objective /  
Benefits

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Workshop



Presentations



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