



THE 8% CLUB

WELCOME TO THE CLUB

The 8% Club is an employee stress management program that combines fitness with emotional agility. Our approach is to provide strategies to your staff so they can achieve their personal and professional goals! In our interactive workshops on emotional intelligence, mindfulness, and goal setting, along with workouts led by certified personal trainers, your employees will learn how to manage stress and adopt a healthier lifestyle.

WWW.8PERCENTCLUB.COM

BEFORE YOU GROW PROFESSIONALLY, YOU FIRST MUST GROW PERSONALLY

This is a critical time for employers. Just as healthcare costs are rising, with employers spending on average over \$8,600 per employee, employee stress levels are rising too. In fact, stress itself is one of the main factors contributing to not only rising healthcare costs, but to increased absenteeism, reduced productivity, diminished work performance, and to higher employee turnover rates. Now more than ever, executives are looking for solutions to these issues. Well, here is the solution...

WHAT DOES THE 8% CLUB ENTAIL?

The 8% Club is a program designed to equip your employees with the mental and physical strength and stamina needed to achieve their goals personally and professionally. Your employees will participate in our series of personal and professional development workshops led by Kurt Faustin and cardiovascular and strength training workouts led by Inner City Weighting, creating healthy habits for a more productive lifestyle. Our unique program will get you and your employees the results you both desire.



WHAT DO EMPLOYEES RECEIVE?

- Welcome Package
- To-Do List and personal goal tracker book
- Invitation to our Private FB Group to help track progress and keep them motivated throughout their journey
- Daily and weekly reminders of their goals, motivational tips, and inspirational quotes and videos to boost morale
- Congratulations dinner ceremony upon completion of the program



WE CAN DO THIS TOGETHER

Visit www.8percentclub.com for more info.