



Empowering Business Leaders Through Health

Healthy Habits for Life

16-Week Healthy Lifestyle Training Programme



THE EXECUTIVE HEALTH COACH

"When leaders thrive, businesses succeed."



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Executive Summary

The 16-Week training programme provides leaders and high-potential employees with practical tools to improve health and performance.

Businesses invest in skills development and training for leadership related topics - so why not invest in teaching leaders the vital skills and habits required to live a healthy lifestyle - both physically and mentally?

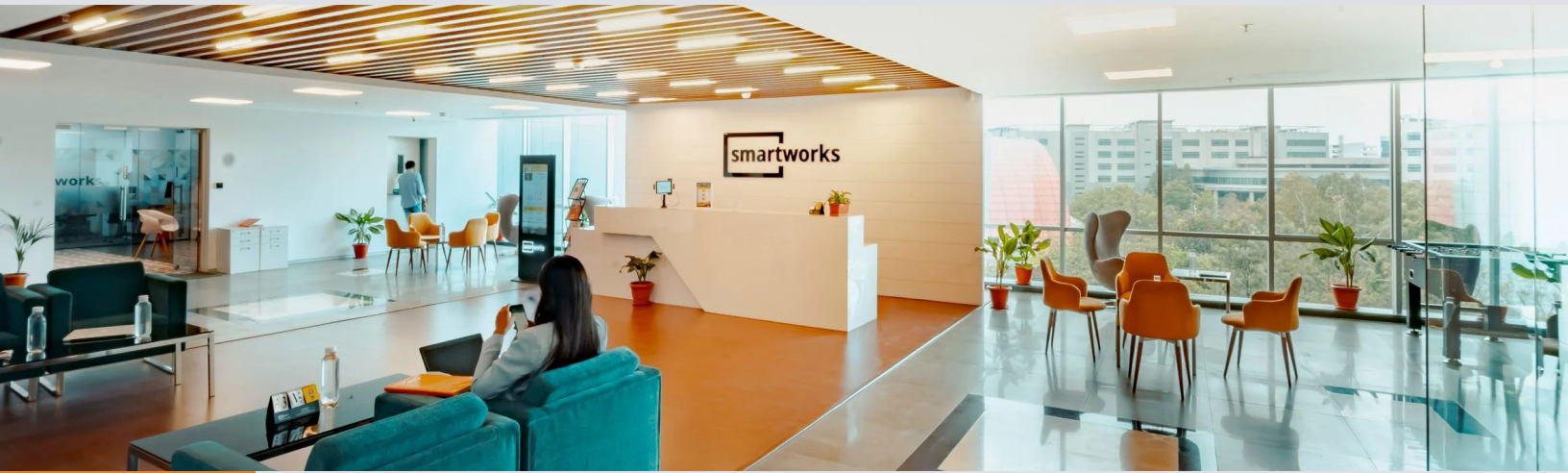
Combining personalised 1-on-1 coaching, an evidence-based curriculum, and a module structure Course, this programme equips your best people to be their best.

If you're not taking care of your health, you're not taking care of your business.





Why This Programme?



THE PROBLEM

- ☐ Leaders sacrificing health for work risk long-term performance.
- ☐ Healthy leaders manage stress, think clearly, and make better decisions.
- ☐ Burnout and poor health cost businesses billions— and it starts with leadership.
- ☐ Leaders need more than check-ups; they need coaching and support to build lasting habits.

THE SOLUTION

The 16-Week Healthy Lifestyle Programme equips participants with practical skills to build and sustain a healthy lifestyle.



Key benefits

For Your Business

- ☐ **Boost Leadership Performance:** Energised, resilient leaders drive better results.
- ☐ **Increase Retention:** Investing in employee health promotes loyalty.
- ☐ **Enhanced Effectiveness:** Healthy individuals deliver their best work.
- ☐ **Culture of Wellness:** Inspire a ripple effect of positive change across the organisation that starts at the top.

For Participants

- ☐ **Personal Health Transformation:** Gain vitality, energy, and balance.
- ☐ **Skills for Life:** Learn sustainable habits for long-term success.
- ☐ **Recognition:** Certificate of completion for professional growth.





Programme Features

1

Personalised Coaching: Weekly one-on-one 30-minute calls tailored to individual goals.

2

Evidence-Based Curriculum: Developed using Precision Nutrition's proven methodologies.

3

Practical Tools: Accessible strategies to implement lasting health changes.

4

Completion Certificate: Recognition for mastering the art of a healthy lifestyle.

90 minutes a week required for participation.



Curriculum Overview

(Detailed curriculum and sample content available on request)

WEEKS

0-3

Mindset Mastery

Orientation, assessment, habit-building and mindset fundamentals.

4-7

Nutrition for Success

Practical strategies for balanced eating that promotes performance.

8-10

Movement for Health

Developing a personal blueprint for an active life.

11-13

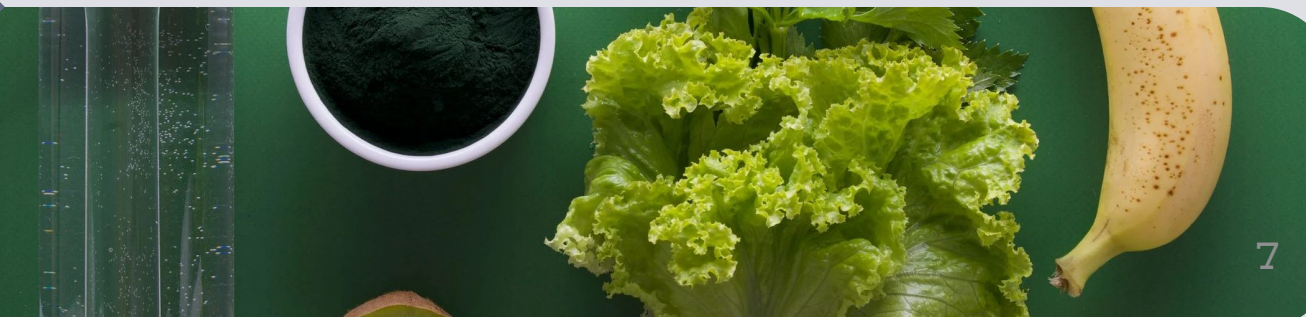
Managing Stress and Mental Health

Tools to prevent burnout and achieve mindfulness.

14-16

Sleep and Sustainable Habits

Rest, recovery optimisation and creating a long-term action plan.





Your Coach

About Elan Lohmann

- ☐ Former corporate executive in listed companies who understands the demands of high-pressure roles. (Eg: General Manager News24.com)
- ☐ Left corporate life to pursue his passion of helping others to transform.
- ☐ Over 12 years of leading wellness businesses and coaching.
- ☐ Precision Nutrition Certified, with a proven track record of transforming lives globally.
- ☐ Founder of The Sleekgeek Health Revolution, a community with 100,000 members.

My Approach

- ☐ Empathy and support: Progress over perfection.
- ☐ A habit based approach to health, putting knowledge into action.
- ☐ Sustainable strategies tailored to fit the individual.



Credentials



Programme curriculum, materials and methods based on the PN System.

Global Leader: Precision Nutrition (PN) has trained over 150,000 health professionals across 120+ countries, making it a trusted authority in the industry.

Evidence-Based: PN programmes are grounded in peer-reviewed research and supported by extensive real-world client data.

Proven Results: The PN habit-based approach emphasises simple, sustainable changes that deliver lasting success.

Elite Collaborations: PN partners with leading brands like Nike, Apple, and Equinox, specialising in programmes tailored for corporate leaders and high performers.

Comprehensive Resources: Offers practical tools for nutrition, mindset, movement, and lifestyle habits to drive meaningful change.

Industry-Respected Certification: Blends cutting-edge nutrition science with behaviour change psychology.





Testimonials

“ Elan is a true professional. Deeply knowledgeable on all aspects of health and wellbeing. He leverages practical frameworks and tools to set goals, prioritize and track progress. Tough yet fair, he is always available and non-judgemental. ”

Steve F

Shipping VP, Canada

“ Elan is so patient and kind but has a world of knowledge. I understand the concepts of what he taught me. It wasn't just eat this and measure that. Little goals that were achievable. He takes a personal interest and is just as committed to you as you are to him. ”

Jen V

Business owner, New Zealand

“ Working with Elan has been an amazing experience - his knowledge and passion for fitness and wellness together with his professional and positive insights have given me much-needed direction and helped me understand more about living a better-balanced and healthy lifestyle. ”

Ryan A

Finance Manager, South Africa

Your Investment

COST

Limited 15% discount now available.

(Only 20 seats available per quarter.)

~~R15,000~~

R12,500

Per participant, once off.



16 WEEKS INCLUDES:

- Healthy Habit Assessment
- 9 hrs of 1-on-1 call time
- 16 Modules (Covering Habit building, making change, Mindset, Nutrition, Movement, Stress Manage, Burnout, Mental Health and Sleep)
- Certification of Completion

"Leadership is about creating a vision and inspiring others to follow it. But to do so effectively, you must first take care of yourself and your health."

Warren Buffett



Next Steps

Are You Ready to Invest in Your Leaders?

Schedule a Consultation:

Let's discuss how this programme can transform your organisation.

Contact me:

elan@sleekgeek.co.za
0843331313

Limited spots:

Only 20 seats available per quarter.

Act now to inspire your
leaders and drive your
business forward.