

# CASE STUDY

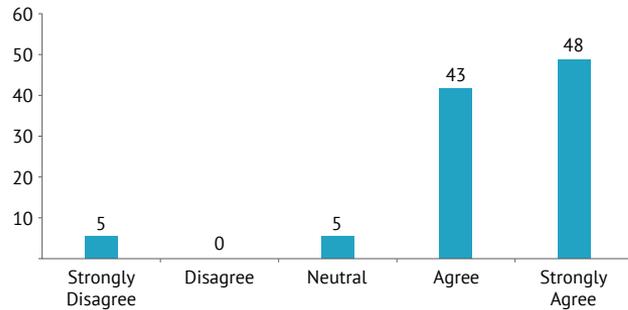
Top Tech Co.  
- Women's  
Network

Objective:  
Improve effectiveness  
while maintaining  
balance in life

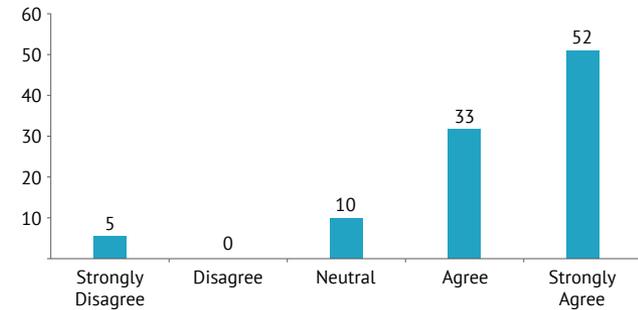
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The vast majority of Women's Network agreed the TLEX program helped them improve personally and better connect with others

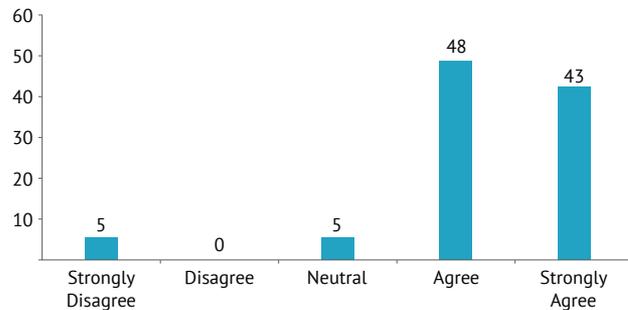
~91% respondents agree that the TLEX program has enhanced their clarity of mind



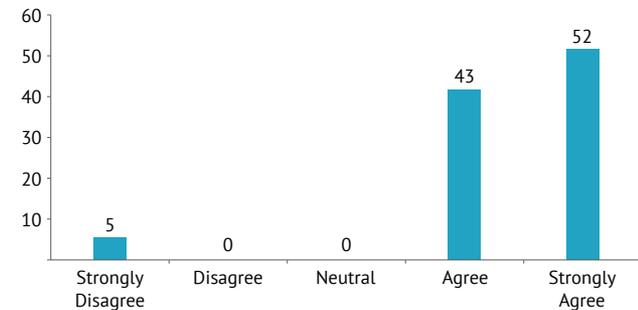
~85% respondents agree that the TLEX program helps them improve their ability to stay calm in difficult situations



~91% respondents agree that TLEX program improves their ability to listen to and accept multiple perspectives



~95% respondents agree that the TLEX program helps them increase their connectedness with colleagues



# CASE STUDY (CONTINUED)

What would you say to someone considering participating in the TLEX program?

“I would encourage them and share my experience with them.”

“It is totally worth the time spent.”

“You must Go! Don’t miss it, it’s a Gift!”

“Life enhancing class which focus on the core of one’s being to help realize your dreams!”

“It is worth the investment. Go for it.”

“Take the time - it is worth it.”

“Go with an open mind & try everything without judgment.”

“Do it.”

“A great program that you gain from both for personal and professional growth.”

“Just go.”

“Go for it!”

“Participate and take the time for yourself.”

“Breathing techniques are the most powerful tools to bring balance and peace at both work & home. TLEX program does the best at teaching those techniques.”

“Come with an open mind and absorb nuggets of wisdom that have the power to change your life for the better.”