

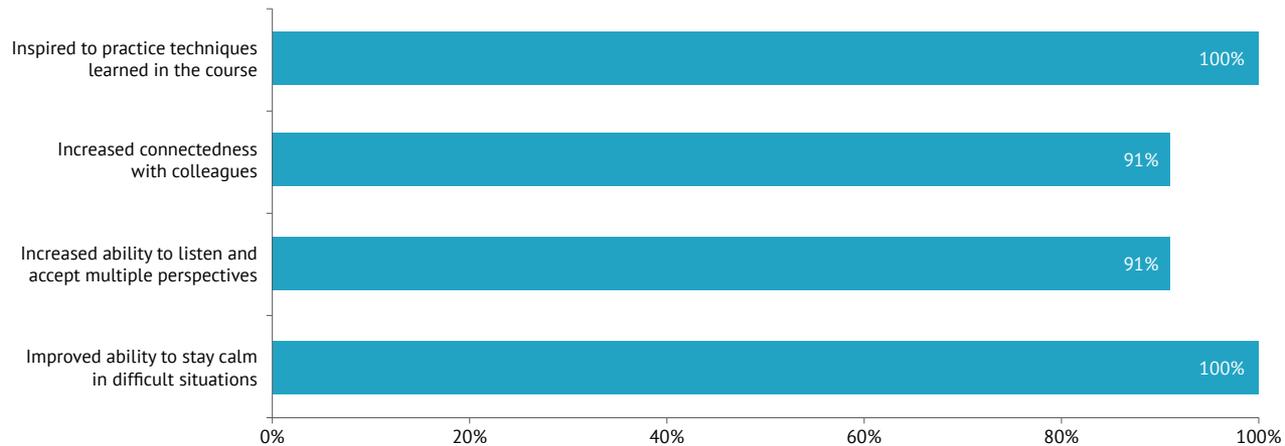
CASE STUDY

Leading
Financial
Services Co.

Objective:
Improve well-being
while enhancing
effectiveness

CASE STUDY

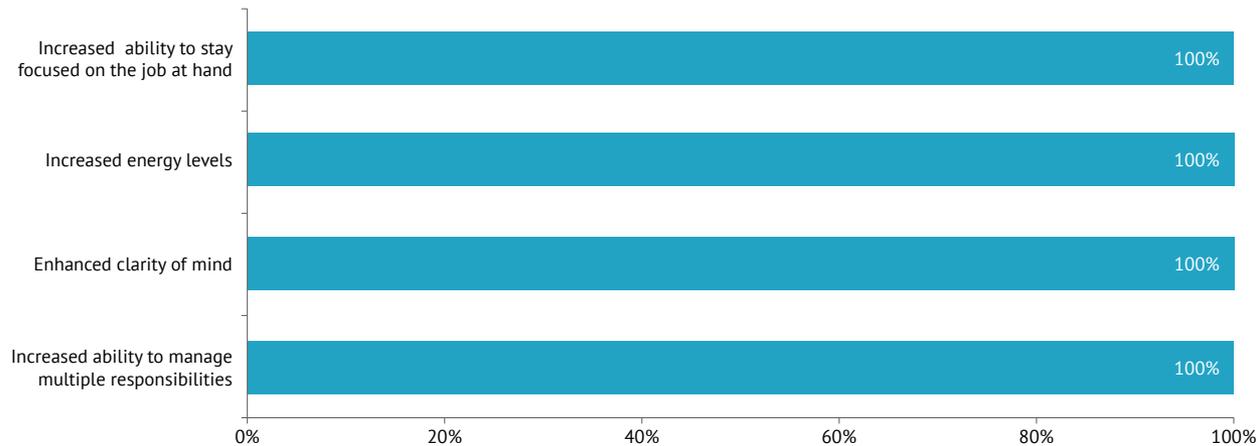
The vast majority of participants agreed the TLEX program was valuable and improved their sense of calm, connectedness to others, and ability to accept multiple perspectives



Note: Scores are Top 2 Box responses (Strongly Agree + Agree)

CASE STUDY (CONTINUED)

ALL participants believed the TLEX program helps them across a number of effectiveness & productivity drivers - focus, clarity, managing responsibility, and energy levels



Note: Scores are Top 2 Box responses (Strongly Agree + Agree)

CASE STUDY (CONTINUED)

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

“Awesome class and highly recommend taking the class.”

“To go ahead and do the program. It will make you calmer, focus better, and rest better.”

“You deserve to treat yourself to such a beautiful experience.”

“Do it! Everyone can benefit from this course.”

“Its life changing. An eye opener to your inner self, and you learn a lot about what your mind and lungs can do for you if you practice these techniques.”

“Parachutes only work when “open”. Have an open mind & heart when participating. You will be amazed at self-awareness & growth accomplished in such a short amount of time. Techniques are things that are easily applied in daily life.”

“Be the change you want to see, start within yourself it could change your life or not... but how amazing would it be to know this one session made a life impact.”

“Go in with an open mind and be willing to share your thoughts/goals. This will allow you to benefit the most from the course.”

“The experience was much more valuable to me that I had any expectation of.”

“This course is eye-opening. It is wonderful approach to holistic living.”

“Very interesting.”