

OP
TIME
IZE

WELLBEING

IMPROVING HEALTH,
WELLBEING
& PERFORMANCE
AMONG STAFF & STUDENTS

DEVELOPING HEALTH-DRIVEN SCHOOL COMMUNITIES IS OUR BUSINESS

ABOUT OUR SERVICES:

We guide the development of health and wellness focused school settings that facilitate staff and student happiness & performance. By providing an evidence-based bespoke approach to Wellness we can adapt our approach to each schools context and differentiate this based on the needs of the school and the time constraints of the curriculum. We guide schools and staff to promote a supportive, connected wellness-focused environment. We help develop and promote awareness, activity, connection, resilience, responsibility and respect within the school community. At Optimize we value evidence based health and wellbeing with Science & research underpinning our strategic approach. We help you bring this into your school.

OPTION 1	OPTION 2	OPTION 3
STAFF FITNESS PROGRAMME	STUDENT WELLBEING PROGRAMMES (10-12 WEEKS)	TEACHER WELLBEING WORKSHOPS
<ul style="list-style-type: none"> • Morning H.I.I.T session • Break-time bootcamps • After school H.I.I.T session <p>*12 week sign up *1 weekly session *minimum 10 people</p>	<ul style="list-style-type: none"> • Exam years: <ul style="list-style-type: none"> • Staying healthy during exam year programme • Student study workshops • Junior Cycle: <ul style="list-style-type: none"> • Managing my wellness programmes • Transition years: <ul style="list-style-type: none"> • Fitness & Nutrition talks • H.I.I.T. Classes 	<ul style="list-style-type: none"> • Managing my personal wellbeing as a teacher • Developing a Wellness focused school • Classroom strategies for wellbeing
<p>COST</p> <p>€15 Per person per session) €60 per month €180 per 12 weeks</p>	<p>COST</p> <p>€5 per session per student €60 per 12 weeks €1800 per group per 12 weeks</p>	<p>COST</p> <p>€300 per 1 hour session €600 for 2 hour session Price on request for bespoke service</p>

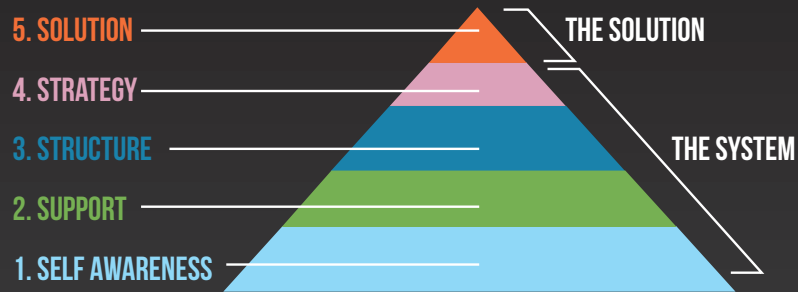


ABOUT OPTIMIZE:

Optimize aims to develop school communities that operate with a duty of care to the students in its care whilst also acknowledging the needs of staff. We provide evidence-based solutions to health and performance & staff wellness through effective time efficient strategies.

Optimize operates from a research-based performance model to support schools to in developing programmes that meet the needs of staff & students. We facilitate this through specific performance strategies communicated and implemented into the context of the schools we work with.

THE EVIDENCE-BASED MODEL WE USE TO GET YOU RESULTS



1. SELF-AWARENESS: Develop your why. Gain clarity over what you would like to improve and why this would add value to your school, your students and your staff.

2. SUPPORT: Identify what you need to do to achieve your why and how to effectively implement and measure the value of the intervention. The approach can be (i) mirrored on what other successful schools are doing and (ii) past & personal experience of what works in your schools context.

3. STRUCTURE: Understand how to seamlessly fit this new approach into your schools environment. Identify the time, personnel and resources needed and that are available to implement this initiative.

4. STRATEGY: Put measures in place to track progression and remain on track. Put KPI's in place and identify the best approach based on the context of the students & staff needs.

5. SOLUTION: The process drives the outcome. Develop, implement, evaluate and remain consistent with the SYSTEM.



OPTIMIZE WEIGHT MANAGEMENT

BENEFITS: WE HELP YOU IMPROVE:

- SUPPORTIVE SCHOOL COMMUNITIES
- EVIDENCE BASED WELLNESS STRATEGIES
- RELATIONSHIPS IN THE SCHOOL
- STAFF ENGAGEMENT AND RETENTION
- STUDENT HAPPINESS AND PERFORMANCE

ABOUT IAN BYRNE (THE COACH):

Having spent time as a PE & science teacher, a university lecturer, a life & executive coach and a fitness trainer I have immersed myself in health and performance education. Having worked with over 10000 students, athletes and parents throughout the process I pride myself on understanding the principles and processes behind health, human behaviour, motivation and getting results within the context of our education system. I formulate strategies to increase staff & student wellness, performance and exam performance.

With a solution focused mind-set I aim to help schools address current barriers to performance and enhancing the metrics associated with this. You provide the problem and I will help you resolve it with a solution that is measurable & within the schools budget. The services I deliver guarantee results and set schools up for enhanced staff & student wellness & performance.

QUALIFICATIONS

- First class honours degree in Physical Education & Science
- Qualified life coach, personal trainer, strength & conditioning coach
- Underage International football player
- U21 & senior International futsal player
- National award for wellbeing in education in 2017
- University lecturer in health and human performance
- Seven national sporting titles
- Best sports scholar in DCU, 2011
- Best contribution to club development in DCU, 2012





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WE DELIVER RESULTS

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