



OP  
TIME  
IZE

HEALTH

IMPROVING  
**WORK LIFE BALANCE,  
HEALTH & TIME MANAGEMENT**  
IN THE **WORKPLACE**

FINDING SOLUTIONS TO YOUR TIME MANAGEMENT PROBLEMS IS OUR BUSINESS

## ABOUT OUR SERVICES:

We facilitate the development of company culture and employee wellness by providing an evidence-based bespoke approach to performance and health underpinned by effective time management strategies. We guide employers and employees to promote a supportive, staff centred and health driven workplace. We help you develop an environment that caters for staff needs and supports productivity, retention and performance resultantly increasing margins. At Optimize culture, health and performance facilitated by Science & evidence underpin our strategic approach. We help you bring this into your workplace.

### OPTION 1 MONTHLY HEALTH EDUCATION TALK FOR STAFF

- Breakfast briefing talk
- Lunchtime learning talk
- Evening education

\*12 monthly talks ranging from weight management, time management, work-life balance, nutrition, fitness, stress management and more

#### COST

€150 per month  
€1800 per annum

### OPTION 2 H.I.I.T. FITNESS CLASSES. OPTIONAL FITNESS & NUTRITION PLANS PROVIDED

- Morning movement
- Break-time bootcamp
- Evening exercise

\*12 week or Annual sign up  
\*1 weekly session  
\*minimum 10 people

#### COST

€15 Per person per session  
€60 per month

### OPTION 3 HEALTH, WORK LIFE BALANCE AND WEIGHT CONSULTANCY FOR STAFF

- Cater for
- Individuals
  - Teams
  - Departments

\*12 week plan (1 session per week)  
\*12 month plan (1 session per month)

#### COST

€300 per month  
€3600 per annum

### OPTION 4 BESPOKE COMPANY PERFORMANCE & HEALTH INTERVENTIONS

- Cater for
- Teams
  - Departments
  - Companies

\*6 week interventions  
\*Quarterly interventions  
\*Annual interventions

#### COST

Free consultation available to discuss the services suited to your staff and workplace



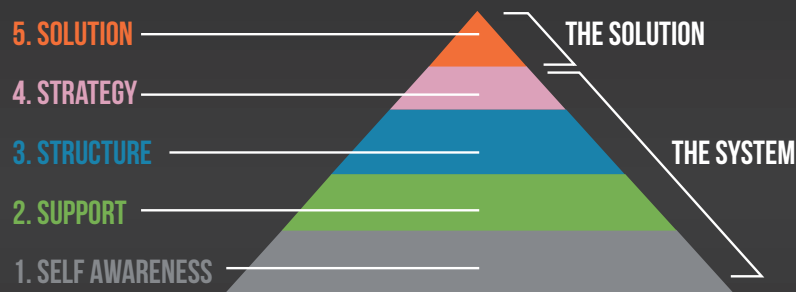


## ABOUT OPTIMEIZE WEIGHT MANAGEMENT:

Optimeize aims to develop workplaces that operate with a duty of care to the employees in its care: evidence-based investments into health and performance, staff wellness and effective time management strategies are at the forefront of our approach, our vision, our mission and our philosophy.

Optimeize operates from a research-based performance model to support employees to reach personal goals and company KPI's. We facilitate this through company specific performance strategies communicated and implemented into the workplace

## OUR PERFORMANCE MODEL



**1. SELF-AWARENESS:** Develop your why. Gain clarity over what you would like to improve and why this would add value to your company 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 companies are doing and (ii) personal experience of what works in your industry and workplaces context.

**3. STRUCTURE:** Understand how to seamlessly fit this new approach into your workplace environment. Identify the time, personnel and resources needed.

**4. STRATEGY:** Put measures in place to track progression and remain on track. Put KPI's in place for each member and identify the approach based on the context of the companies available resources.

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

# OP TIME IZE

PERFORMANCE

## BENEFITS: WE HELP YOU IMPROVE:

- RELATIONSHIPS IN THE WORKPLACE
- STAFF ENGAGEMENT AND RETENTION
- STAFF HAPPINESS AND PRODUCTIVITY
- INDIVIDUAL AND TEAM PERFORMANCE
- WORK-LIFE BALANCE

## 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 thousands of students, athletes and parents throughout the process I pride myself on understanding the principles and processes behind health, human behaviour, motivation and getting results. I formulate strategies to increase employee wellness, performance and company margins.

With a solution focused mind-set I aim to help companies 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 makes financial sense. The services I deliver guarantee results and set companies up for enhanced staff 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
- Futsal Champions League hat-trick goalscorer, 2019





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**TIME MANAGEMENT**

WE DELIVER RESULTS

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