



*"I coach Entrepreneurs & Business Professionals to master stress, become healthier & happier, & to identify their true purpose; all while achieving their desired career success; in other words, to Win at Work AND Win at Life!"*

**The Win at Work, Win at Life Framework for Entrepreneurs & Business Professionals:**

**What Problem do I solve?**

Stress is one of the greatest health challenges of the 21<sup>st</sup> Century! We cannot avoid stress, it's a part of modern life! As Entrepreneurs and Business Professionals, we must adopt tools and practices that help us better manage stress, otherwise we will experience the damaging effects it can have on our health, happiness & long-term career success, as well as the strain it will place on our personal relationships. As a community, we are slowly becoming more stressed out, unhealthy, unhappy and far too often we lose the passion that drove us in the first place!

That was me! Luckily, I stopped, I studied, and I spent over 6 years researching the solutions and tools that allowed me to transform my life. I now have a clear mission and life purpose, to coach Entrepreneurs & Business Professionals, like you, to master stress management, become healthier & happier, and identify your true purpose; all while achieving your desired career success. In other words, I coach you to Win at Work AND Win at Life!"

They don't teach us this at business school, but it might just be the most important education we ever undertake.

**How can you work with me?**

My 10-week, Win at Work, Win at Life Program, incorporates 8 modules delivered over 25 hours of live coaching, workshops, Q & A sessions, field trips and more! Here is an overview of the program.



**The Win at Work, Win at Life Program not only teaches you WHAT to do, but also, WHY & HOW to do it!**

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## What is my coaching style?

I am a no BS kind of coach, I ask specific and direct questions so I can quickly get to know you, what challenges you face and what matters most to you. I fully appreciate the value of your time, so I work hard to maximize every minute we have together. I will effectively, efficiently and successfully take you through the Win at Work, Win at Life program and you will start to experience real benefits from day 1.

## What qualifies me to Coach You?

Firstly, I have walked in your shoes, I fully understand the challenges & pressures you face every day; I also know how to coach you to dramatically improve your quality of life & health, without compromising your career goals.

Secondly, my 'credentialed' and 'experiential' qualifications include;

- Engineering & Business Studies Graduate
- Successful Entrepreneur with multiple start up's, raised VC funding & sold a company to an F100 company
- Leader / Executive at Several F100 Companies (Dell, DEC, HP, Microsoft)
- 30+ year career
- More recent Certifications in;
  - Anatomy & Physiology, Personal Training & Nutrition
  - The Wim Hof Method (Mindset, Meditation, Breathwork)
  - Executive Coaching with Vistage International

Thirdly, and I believe most importantly, as someone who allowed the stress of a professional career take my life and health to the brink; as someone who once took a handful of pills daily for stress induced chronic health issues; as someone who had become increasingly anxious and depressed, and as someone who almost completely lost his passion and purpose! I now get up every day to coach people like you to completely avoid, or reverse from, that same path. Over 10 weeks I teach you what took me 6 years to figure out, how to Win at Work AND Win at Life!

## Program Pricing:

1-1 (Private, flexible schedule over 10-12 weeks) *	\$4,995**
Small Group (Pre-defined 10-12-week schedule)	\$1,995**

\* Private 1-1 has very limited availability, small group is highly recommended as it brings significant peer / group benefits

\*\* 100% Satisfaction guarantee

## My Core Belief:

I strongly believe that when we truly master stress, not only can we achieve career success, get happier & healthier, and identify our true purpose; but we will become better Moms & Dads, Sons & Daughters, Husbands & Wives, Employers & Employees and highly contributing members of our broader communities.

## Next Step:

Email me at [mal@winatworkwinatlife.com](mailto:mal@winatworkwinatlife.com), text me at 206 484 5029 or go to [www.winatworkwinatlife.com](http://www.winatworkwinatlife.com) to book your 30-minute Master Stress Strategy Call... It's free, has no obligation and it may just change your life!

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