



ONEBODY³

TRANSFORMATION | DISCOVER | PURPOSE | UNIFY

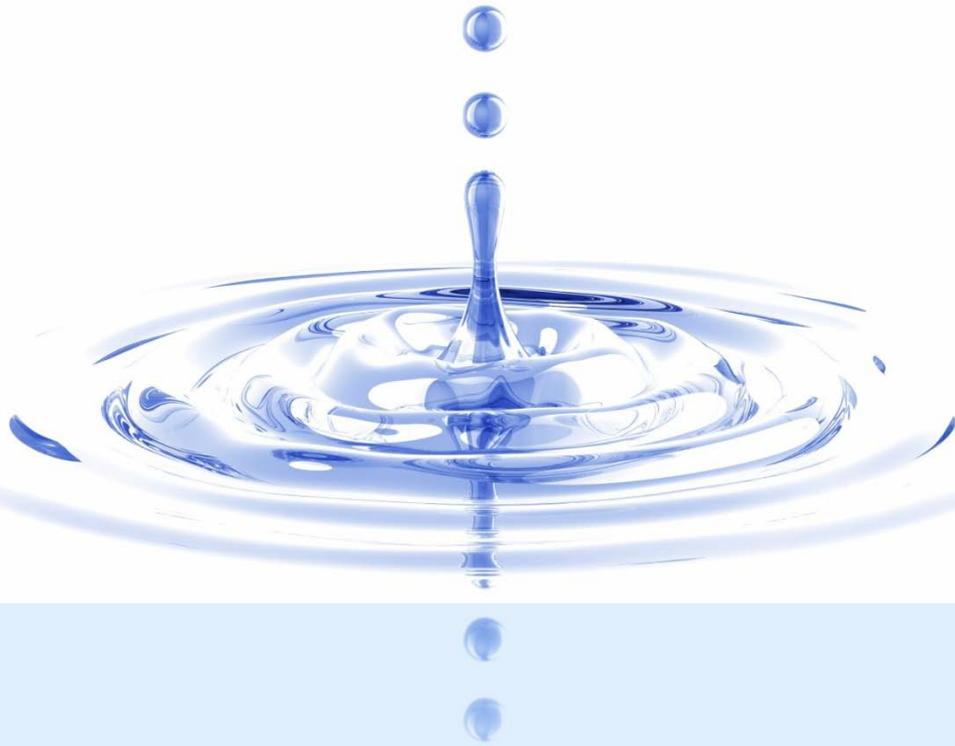
In today's business climate, organizations have one goal: **results – improved results**. To drive results, organizations are in a constant search for a better way, a new tool, and the momentum to be more efficient and effective in achieving those results.

At OneBody³ we believe that your people are the key.



Ripple Effect...

OneBody³ is a sustainable & integrated business strategy that is the catalyst to systemic transformation in individuals and in organizations. As people are transformed, you see the 'ripple effect' of change.



Peak performance
Full potential/wholeness
Teamwork/Morale
Improved health &
controlled illness costs
Improved productivity

Stages of Transformation

Discovery



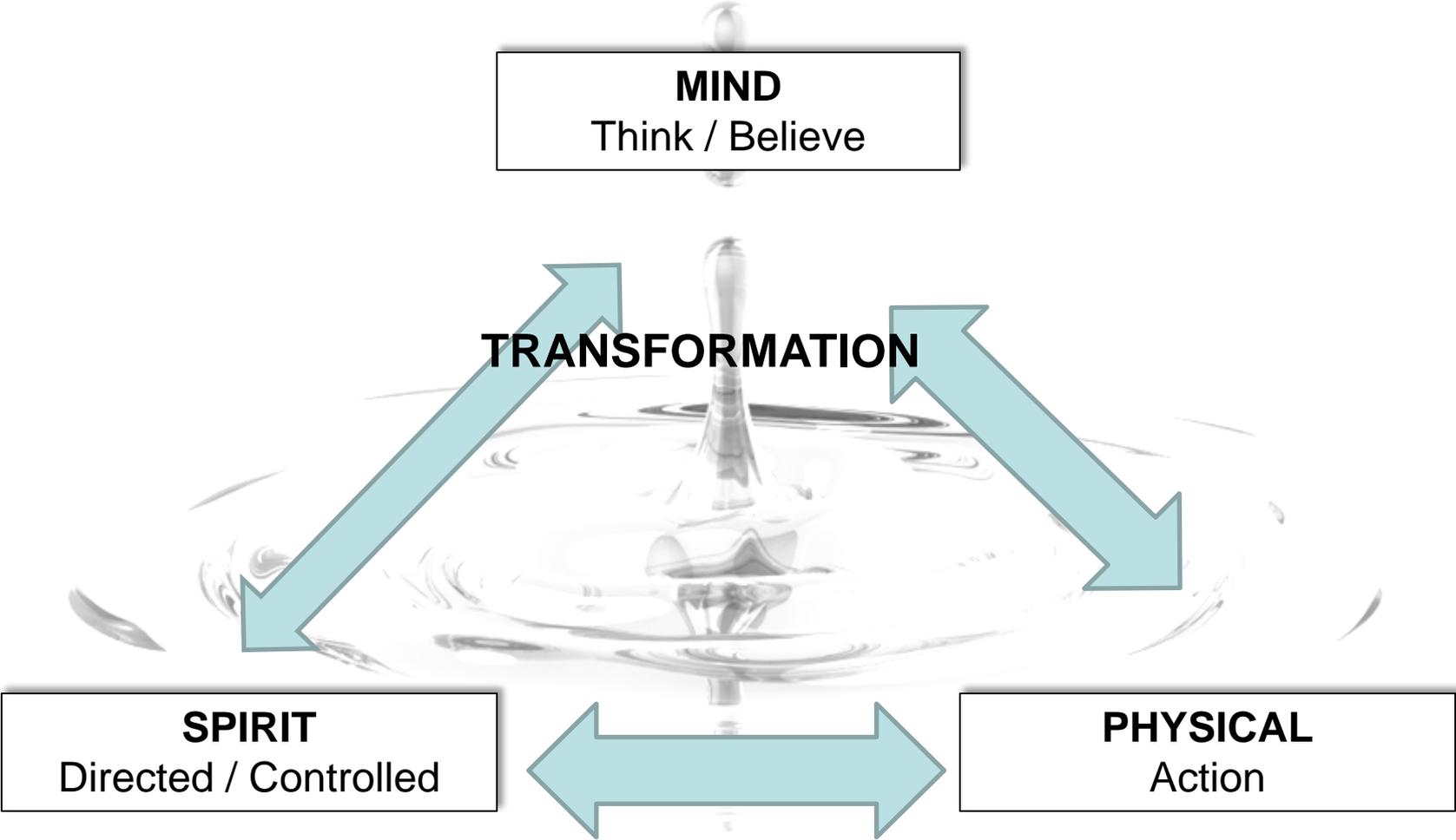
Awakening



Reconciling



How does change happen?



Theory of Planned Behavior

Icek Ajzen

$$BI = (W1)AB[(b)+(e)] + (W2)SN[(n)+(m)] + (W3)PBC[(c)+(p)]$$

BI : Behavioral intention

AB : Attitude toward behavior

(b): the strength of each belief

(e): the evaluation of the outcome or attribute

SN : social norm

(n): the strength of each normative belief

(m): the motivation to comply with the referent

PBC : Perceived Behavioral Control

(c): the strength of each control belief

(p): the perceived power of the control factor

W : empirically derived weight/coefficient



ONBODY³ | AMSM

$$R (I + A + M) = C$$

(R): Relationship

(I): Information

(A): Application

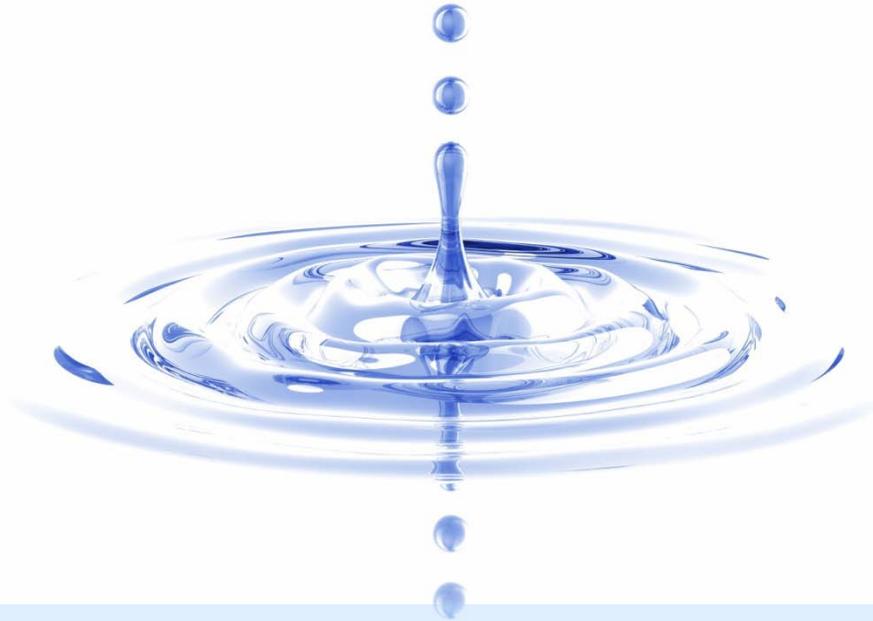
(M): Motivation

(C): Change



Employer Case Study

Program Summary
500 employees
6 month program



Please rate your overall satisfaction with the following program components:

OneBody³ Transformation Academy

88% satisfied

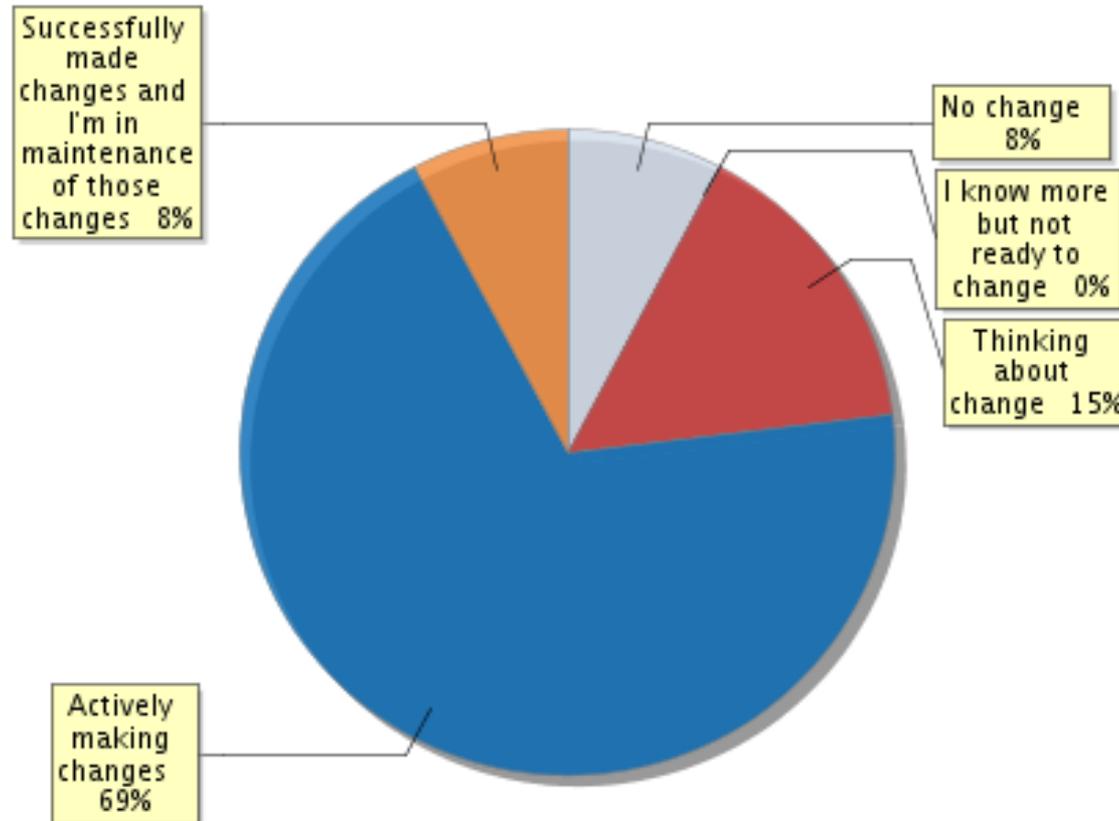
Group Coaching

85% satisfied

Clinical Programs/Services

68% satisfied

How has this experience impacted your health goals?



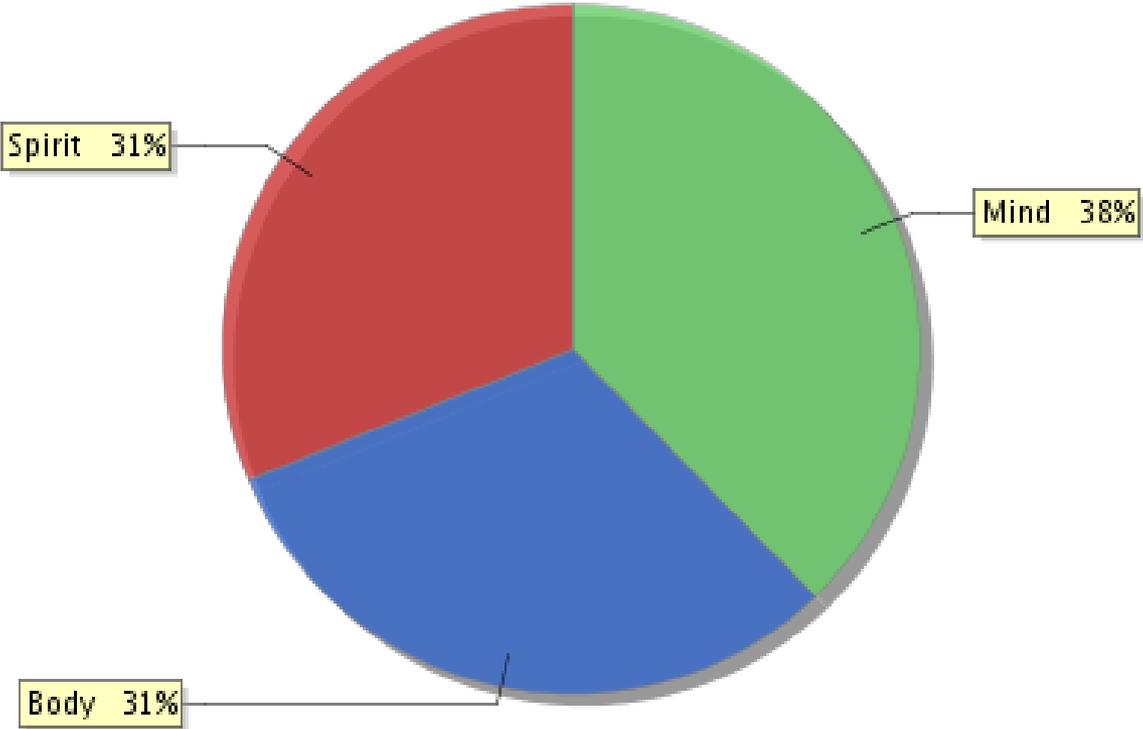
Pre/Post “Whole Health” Score

Average ‘pre program’ health score – 30.6

Average ‘post program’ health score – 26.17

14.5%/4.43 pt
Improvement

I'm transforming in the following ways:



Transformation Stories

“...These classes helped me discover areas that I am not satisfied with and areas that I am thriving in. I feel like I have to sit and stir in. This program was truly life changing for me and I greatly appreciate all aspects of it. I feel like I have a new beginning and understand more of why I am the way I am.”

“... Realizing how quickly things change at times, old things fall away and new things start. Transformation is all about constant change, and to not let that overwhelm you or take away your joy. Life really is good if you learn to see the "good" in every situation.”

“...I'm committed and making MINDFUL CHOICES on a daily basis to get me closer to realizing my goals. I feel invigorated by what I learned and how things continually parallel back to what we've learned since classes ended. I work hard to reconcile myself in each aspect of mind, body, spirit so I don't become complacent.”

“...This program made me dig deep into myself & think about why I am who I am.”

“I realize that all the aspects of the life wheel are intertwined.. The class allowed me to focus on myself and look inside and determine the good, the bad and the ugly. I now understand that everybody reacts differently to situations based on their own core values...”



Transformation Stories (cont'd)

“This class has helped me become better aware of my needs and more in tune to how I communicate with others.. I am grateful and feel like I've won the lottery on so many levels. I will do and learn more and am embracing the process that life is offering.. People have always been my number one priority in life, but it's different now; I am more aware of their impact on me and mine on them. “

“I found out that I can be fun and be me and enjoy all kinds of colors rather than black and white only. I know what I need to change and how to do so but, now have to put it all together..”

“... It has helped to awaken me from a deep sleep and lack of consideration of my spiritual needs and delving within.”

