

Business health management should be viewed not only as a vehicle for enhancing company performance and productivity but also as an equivalent to a service contract.

« Mark is totally dedicated to his profession. Not only is he a leader in his field but he is also the living example of what he teaches. Highly inspirational, credible, and very well organised. »

Nicholas Galtos, Owner/CEO Wall Street Institute Switzerland



## Wall Street Institute Switzerland

### Company

Wall Street Institute Switzerland

### Requirements

Senior executives are required to perform over extended periods. A coaching program was required to help senior management enhance their performance and well being.

### MG Business Health Solutions

- Senior Executive Health Management Program

### Participants

Wall Street Institute Senior Management

### Outcome

Through healthy exercise and nutrition advice, awareness has been created and personal health goals established.

**Wall Street Institute** was inaugurated in Ticino in 1986. The first English speaking centre in Swiss Romand saw the light of day two years later and since, several establishments have been developed throughout Switzerland. Thanks to the success of the unique English teaching method, Wall Street Institute Switzerland (WSI) now has nine schools in total.

In Switzerland, more than 8000 people a year learn to speak English thanks to WSI. No matter what your reason for wanting to either learn or improve your English, our mission is to help you to attain your objectives!

### **Wellness Initiatives**

Wall Institute Switzerland CEO, Nicholas Galtos, understands that personal health management is a critical component in determining daily performance, especially in the workplace. Therefore it is an issue of major internal importance, representing a long-term obligation for everyone.

Senior Management of the company was assigned to the MG Business Health Solutions Senior Executive Health Management Program, which provides performance enhancing solutions through specialised exercise and nutrition workshops for business performance requirements.

Through this Wellness initiative, personal health goals have been established and healthy behaviour change implemented.

The idea for future periodic Wellness initiatives to be introduced within the company, which will be open for all employees and visiting clients are now being finalised.

**Work-Life-Balance is a leadership issue. Leaders guide people to places they may not want to go, they are the role models and set the standards.**