

Senior Management people are subject to stress, high demands and pressure over an extended period of time.

« Mark is very good at setting targets, which are both challenging yet adapted specifically to the individual. I strongly recommend him. »

Laurent Guerrero, Regional Director at Noble Resources S.A.



Noble is a market leader in managing the global supply chain of agricultural, industrial and energy products. Our “hands on” approach to business has seen us grow to become a world leader in supply chain management in just 20 years.

We specialise in the origination and delivery of strategic raw materials, adding value at each stage of the supply chain. The Group is also involved in technical ship management, trade finance and coal mining running soybean crushing plants and sugar/ethanol mills in Brazil, amongst others.

Personal health coaching

As a regional director who is inundated with daily demands and pressure situations I knew that managing my health was critical, not only for my working performance but more importantly for my past and current health status.

I met Mark almost a year ago when I made an important decision to improve my fitness and general health. I was very impressed during our first meeting together. Mark made a series of tests to assess my current health status and fitness capacity (this was very reassuring to me due to my health history).

He then focused his attention on helping me understand that healthy exercise and optimum nutrition cannot be separated. Therefore, he meticulously designed a health program that would cover all necessary issues. Mark is very good at setting targets, which are both challenging yet adapted specifically to the individual. He has kept my nutrition enjoyable and my exercise programs motivating.

At work, I now feel much more energised; I have the capacity to concentrate and perform over an extended period of time and have significantly improved my capability to deal with stress, daily demands and pressure situations.

Your health has the single greatest impact on every other aspect of your life – especially your career!



Noble Resources S.A.

Company

Noble Resources S.A.

Requirements

Senior managers are required to perform over extended periods. A one-to-one coaching program was required to help enhance performance and general well being.

MG Business Health Solutions

- Senior Executive Health Management Program

Participants

Noble Resources Regional Director

Outcome

Through healthy exercise and nutrition coaching, performance and well-being have been significantly enhanced.