

JULIAN HAYES II

EXECUTIVE HEALTH & PERFORMANCE COACH
CORPORATE WELLNESS CONSULTANT | AUTHOR

SUCCESS MindBodyGreen Inc. Entrepreneur 

Julian Hayes II is the Founder and CEO of The Art of Fitness & Life LLC. His consulting work helps entrepreneurs, time-constrained professionals and organizations use wellness as a strategic advantage to elevate their leadership, performance, engagement, and impact by promoting a holistic health approach combined with bio-individuality.

In addition to working with small businesses and clients in his private wellness & concierge practice, Julian also has his own weekly column at Inc Magazine where he's written over 100 columns along with frequently contributing at many of the world's largest publications such as Entrepreneur, Success, Bodybuilding.com, MindBodyGreen, Huffington Post, and numerous others.

POPULAR SPEAKING TOPICS

- High Performance Amplified: Master the 7 Pillars of Energy So You Can Elevate Your Leadership, Productivity, Health, and Impact
- Make Nutrition Simple Again: How to Live Longer, Be Happier, Have More Energy, and Make High Performance An Everyday Reality
- Sleep Well to Perform Better: How To Improve Your Experience in Bed So You Can Be At Your Best When It Matters Most
- Exercise To Get Your Competitive Advantage: How to Transform Your Body, Improve Performance, and Make Your Brain as Resilient as Your Body
- Mental Mastery: How to Manage Stress, Develop Impenetrable Resiliency, and Operate With Unwavering Focus So You Can Consistently Perform At a High Level
- The Entrepreneurial Mindset: How to Unlock Your Human Potential and Become Unmistakable

MORE SERVICES

- Workshops & Trainings
- Executive Health Coaching For Staff
- Creating Group Training Programs for Staff
- Establishing a Well-Being Program
- Fitness Space Design



VIEW VIDEO



**WHEN YOUR STAFF IS UNHEALTHY, STRESSED,
AND TIRED—IT COSTS YOU MONEY. LETS TALK
ABOUT HOW TO FIX IT.**

WHY HEALTH & WELLNESS:

Our health is like the head of an octopus and the other facets of life are the tentacles. If the head isn't operating optimally, the tentacles won't perform optimally. Health and wellness allows an individual to move at a faster pace in life, have more energy, and ultimately operate in a peak performing state. When a individual understands and practices a healthier lifestyle, it positively impacts a company's bottom line. The more this is integrated into an organization, the better every system and department flows which leads to better customer service and experiences. With that said, there is some research to back up the connection of health and organizational performance.

HOW HEALTH & PERFORMANCE AFFECTS YOUR BOTTOM LINE & CULTURE:

- For every employee, companies are losing \$1,400 per employee due to fatigue according to a Sleep Matters Initiative at Brigham Health for the National Safety Council (NSC)
- Gallup estimates 17.2% of the U.S. workforce is actively disengaged which costs an organization approximately \$3,400 for every \$10,000 of salary (or 34%)
- Employees with unhealthy diets were 66 percent more likely to report having a loss in productivity according to studies at BYU
- An 8 percent increase in each employee's productivity according to a 2005 National Business Group on Health report
- Up to 12 percent less likely to experience health issues from work-related stress according to a 2015 study by The Economist Intelligence Unit & Humana
- Increased employee morale and engagement in your companies mission and goals by 67 percent according to a 2015 study by The Economist Intelligence Unit & Humana
- Ineffective training and uninspiring content leading to skill gaps, disengagement, and employee turnover costs businesses a yearly loss of \$13,500 per employee (McKinsey & Company, Gallup, Center for American Progress)

BENEFIT & OUTCOMES:

- Bring the best out in your employees
- Make feeling good & high performance an everyday reality
- Improve company culture and engagement
- Practical strategies to 10x employees mindset & performance
- Equip employees with healthy habits that deliver a big ROI
- And much more

"Julian has made fitness accessible for me, & that's something I wasn't convinced was possible. I have a busy life filled with lots of travel, & he has created a plan that I've been able to incorporate seamlessly. I'm stronger than I've ever been in life, & I cannot recommend Julian's program highly enough!"

~ Belinda S., Entrepreneur & Singer & Songwriter

LET'S TALK:

I am dedicated to helping your organization grow by helping your people grow. If you're looking for a consultant and speaker to help double your employee's performance, engagement, and energy—contact me today. And if you want to learn even more, scan the QR code.