



# MII Wellness With UC Fit

## Winning At The Workplace

## Welcome!!

Today is all about you - your health, your energy and your workplace wellbeing. Let's get into it.

### Who Am I?

John Byrne. Owner of UC Fit, a fitness and self defence facility based in Lucan. I am a wellness and self defence coach, working with many different clientele from individuals to companies, providing classes, talks, wellness programs and more. I have an extensive background in martial arts, self defence and combat training.

**You're in safe hands!**






# My Why

I'm passionate about helping people to feel better physically, mentally, emotionally - whether that is through training, having a convo, teaching them a new skill like self defence.

My goal is to empower people, help them feel **stronger,** fitter and further **build their confidence** or just help making them feel more in control of their lives.

*'People don't buy what you do, they buy why you do it' Simon Sinek*

That is my why. **When you feel better - you perform better at home, in work and in life.**

