## 90 minutes is all it takes!

## Business Type: Health Coach

Coach for Growth

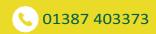




After attending his first EC local meeting the owner of this business made the commitment to himself to do his 90 minutes per day, working ON his business rather than IN his business.

He very quickly made changes to his messaging about what his business was all about, moving away from stereotypical descriptions to very specific language about this service. New customers came on board.

He now uses his 90 minutes to create really useful content that he shares on social media and as a result is now picking up speaking gigs, increasing his profile even further.



Holm of Drumlanrig Farm Thornhill Dumfries and Galloway DG3 4AT



