



**EAT 2
SUCCEED**



WELCOME TO
EATTOSUCCEED LTD

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"I'm delighted to welcome your business to EATTOSUCCEED LTD's health and well-being community. It's a privilege to support your organization in optimizing employee health, performance, and resilience. I look forward to delivering expert-led strategies tailored to your team's unique needs—helping them achieve lasting improvements in fitness, well-being, and productivity. Thank you for trusting me to be a part of this journey."

- Conor Pillai Director of Eattosucceed Ltd

EATTOSUCCEED MEET YOUR COACH



Hi! I'm Conor, and I'd love to share a bit about myself and my journey. Below is a picture of my wife Heather, my son Caleb and me. They are my greatest source of inspiration and motivation. Every day, they encourage me to be my best, not just for them, but for everyone I have the privilege to coach. With over 15 years in health and fitness, I have immersed myself in optimizing human performance.

My background includes competing in rugby, rock climbing, and bodybuilding, as well as working as a physiotherapist and health performance coach. I wholeheartedly believe that prioritizing health and well-being is essential for happiness and resilience. My mission is to educate and inspire through a holistic approach that enhances both physical and mental well-being. I am incredibly excited to be able to help you and your team unlock their full potential.



EATTOSUCCEED INTRODUCTION



Optimizing Health & Performance for a Stronger, Healthier, more Resilient Workforce

At Eattosucceed Ltd, we provide expert health and fitness consulting tailored to your team's needs. Our holistic approach covers sleep, stress management, nutrition, training, and supplementation advice—offering individualized strategies that enhance mental and physical well-being and resilience. By helping your employees become fitter, more focused, and resilient to stress, we drive improvements in productivity, energy levels, and overall workplace performance. Invest in your team's health today for a stronger, more capable workforce.

ELEVATE EMPLOYEE WELL-BEING & PERFORMANCE WITH EXPERT GUIDANCE

At EATTOSUCCEED LTD, we offer expert health and fitness consulting aimed at enhancing employee well-being, productivity, and resilience. Our structured approach includes up to 12 personalized 30-minute consultation slots daily, where employees can seek advice on sleep, stress management, recovery, training, and nutrition through slots book on Calendly.

After each session, we provide a bespoke, holistic health plan that covers nutrition, training, supplementation, sleep, and stress management to ensure actionable results. In addition to one-on-one consulting, we also offer remote and in-person coaching, team-building events, sports days, and customized presentations to meet your organization's needs.

Led by Conor, a qualified coach with over a decade of experience in physiotherapy, nutrition, and change psychology, we foster a supportive environment focused on long-term habit change, peak performance, health longevity and resilience.

**INVEST IN YOUR TEAM'S HEALTH TODAY
A STRONGER WORKFORCE STARTS HERE.**



WHAT TO EXPECT



WHAT YOU CAN EXPECT FROM ME

Commitment to your employees goals at all times

Trust in your ability to make progress & reach your goals.

Professionalism that is shown by showing up to our sessions & responding to messages in a timely manner, doing what I say I'm going to do & creating a supportive environment.

Confidentiality I will not share your story, progress or struggles with anyone unless permitted by you.

Education I will not just train you, but educate you as to why my choices are right for you. I will always show you the reasons behind any change of direction I make & why it benefits your plan for the better.

Enthusiasm I will remain positive in your ability to reach your goals, and will only set you targets I believe you can achieve.

Respect in the way in which I interact with you - my language and tone - both written and verbal - will demonstrate my respect for you.

Non-judgement in the way in which I train and communicate with you.

Contact with you during my work hours. These are [08:00-20:00 Monday - Friday]. I will not contact you outside of those hours.

WHAT I EXPECT FROM YOU

Commitment to your goals.

Communication about how you're doing and especially when you're struggling or unsure about something. Honesty is key and I welcome any and all questions.

Trust in the plan that is set and always be ready to ask questions that support your learning.

Accountability in your recording of activity outside of sessions (if applicable) and your nutrition intake.

Professionalism in your attendance, and arrival time. I expect you to come prepared to discuss yourself and your needs.

Willingness to learn is vital. You will be exposed to misleading information on health & fitness almost hourly - in the press, on social media, on tv etc. If you see information that you believe is of interest to you and I haven't mentioned it already, please speak with me about it so that I can offer you my thoughts before you decide to take action.

Feedback no matter if it's negative, positive or constructive; if you have feedback for me, I want you to know I will always welcome this. My business develops with the help of the people it serves.

MY APPROACH - NUTRITION & EXERCISE



NUTRITION

Start by keeping a food diary to track your intake. This will help us to understand what you are eating & if there are any changes I can suggest that will better support your goals.

Aim to eat a source of protein at each meal. This helps with satiety and recovery from our training sessions.

Include a wide range of fruits and vegetables in your diet.

Where possible, plan your meals.

Eat in a way that leaves you feeling satisfied and content.

Eat until you are 80% full and (if possible) without distraction.

Go easy on yourself if you overeat or go off plan. Think of these as speed bumps rather than car crashes.

EXERCISE

Consistently showing up is 90% of the battle. If you can master showing up even when things aren't perfect, you'll make a lot of progress.

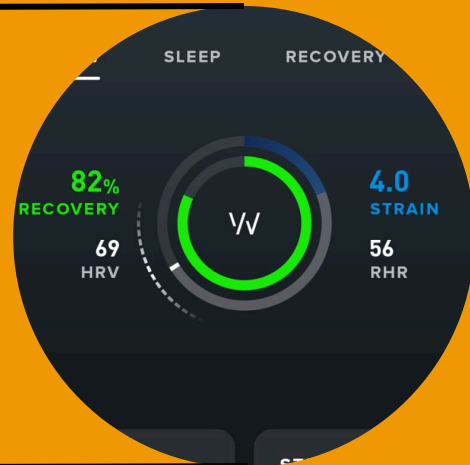
No one type of exercise is necessarily better. The key is to include ways of moving that you enjoy consistently and feel good doing. (Although, I am a big fan of weight training)

An excellent goal for most people is to move in a way that gets you sweating for a minimum of 3 hours per week. This can be a combination of different movements.

Harness exercise for its physical and mental health benefits. It's more than just a weight loss tool.

Aim for 7-10,000 steps per day.

MY APPROACH - SLEEP, STRESS MANAGEMENT & RECOVERY



SLEEP

If you have wearable tech that tracks your sleep start there! Keep a journal of your sleep patterns over 7-10 days, including the most stressful & most restful periods.

We will discuss sleep hygiene, your last 30 mins before bed, your rituals & habits.

We will assess how you fall asleep, your sleep routine and, anything that affects this.

Pre-bed nutrition and supplementation can make a big difference to how restful your sleep is - we will dive in here!

We will discuss sleep debt, how you accrue it and how you help yourself back into the positive!

Finally we will talk about tool and bedroom changes that can improve sleep quality.

STRESS MANAGEMENT & RECOVERY

We will discuss your current levels of stress, then compartmentalize your stress into what you have - Complete, some and little to no control over.

We will look at and assess your key areas of stress - how to work your way through them and strategies to deal with overwhelm.

We will look at how nutrition can support with unnecessary stress and give you the fuel to fight the cortisol that stress generates, and the energy to mitigate fatigue.

We will discuss how to harness exercise for it's physical and mental health benefits. It's more than just a weight loss, strength or aesthetic tool.

We will look to give you back control over your stress so you can add effective "Eustress" to propel you forward, not hold you back!

HOW TO GET STARTED



HOW TO GET STARTED

- Book in your first session via the Calendly App.
- Join the Eattosucceed WhatsApp community
- Check out your email and your PT Distinction/E2S Coach App (it contains your workouts, recipes, nutrition myths, workout ideas & webinars on interesting topics.)
- Gather up any questions you have to ask in your next session.
- Add my email to your contacts list (so you receive my weekly emails.)
- Feel free to contact me to ask any pressing questions WhatsApp - +44 7985 738295
- Register for further Online consultation slots or book follow up Check-ins with me Via Calendly

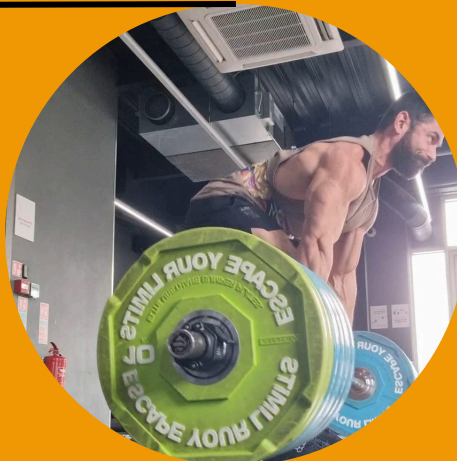
CONSULTATION PREPARATION

- Bring a list of questions that you want answered (Sleep, Stress, Recovery, Training, Nutrition etc)
- Approach the session with a growth mindset
- Be honest and open and know what you want to achieve.
- Please don't hesitate to message me if you have any concerns or questions about how our session will run.
- Aim to get to the online room at least 5 minutes before our session start time.

"STRESS MANAGEMENT IS SERIOUSLY OVERLOOKED - WITHOUT APPROPRIATE STRATEGIES TO MANAGE IT, OUR HEALTH AND OVERALL PERFORMANCE WILL ALWAYS BE COMPROMISED."

CONOR PILLAI

“TESTIMONIALS”



"Conor is by far the best PT and physio I have ever encountered. After having a baby 18 months ago I had struggled to lose my baby weight. Conor set me a realistic diet plan and worked exercises in to suit me and I am now 9kg lighter and feeling much more confident again. He is patient and is so knowledgeable in his areas of expertise. I can not recommend him enough!"

NICKY ROXBOROUGH

"Conor helped me prep for a powerlifting contest. I needed to lose 6kg whilst maintaining strength. He tailored a training plan and nutrition plan that helped me achieve this. He kept constantly checking in on me and tweaking the plans to help me achieve the best result!"

ALEX BARKER

"We are now 2 months into our PT program with Conor and have another two months to go. At the half way mark not only have we both seen a significant increase in musculature and definition, but also a huge improvement in our strength, endurance, stamina and energy levels.

A huge thanks to Conor for his commitment to helping us achieve our fitness goals, we're looking forward to seeing the final results!"

HENA & TRINA PISAVADIA

"Conor is a hugely experienced PT with physio experience who tailored my PT sessions and nutrition around my injury at the time. Post-injury Conor got me back to fitness in preparation for FINA World Masters Swimming Champs and helped me achieve my goal of a Welsh masters record. I couldn't be more thankful to Conor. Highly recommended!"

GARETH FOWLER

"I thoroughly endorse Conor as a fitness mentor. I was with him for several months, working towards my goal of toning and losing weight, this was achieved and I felt the benefits. I have carried on with the fundamentals that Conor instilled in me. I highly recommend Conor, people you will really see change and feel so much better about yourself! Thanks Conor!"

CLARENCE KENNEDY

"My wife and I have been extremely impressed with Conor's ability to create bespoke nutritional/training programs which target our individual needs. Conor has a very proactive approach- we are constantly challenged to ensure we continue to develop. What's more, his advice is centered on real, long-term development which is sustainable (even for two City-based workers who often struggled to find a good balance!). Thank you Conor!"

NIK & RAV KAD

"Conor is fantastic. He is incredibly supportive and patient. I really hate fitness, and yet he has made the sessions enjoyable, and I feel like I am able to achieve my goals. I have never once felt patronised, or like I have failed, and it makes me want to do (and achieve) more! Thanks Conor!"

GEMMA DOWN

"At the wrong side of 50, I was overweight, constantly exhausted and stressed from work. Getting into shape was "impossible" due to failing to strike a balance between finding enough time to "look after myself" and continuing to maintain the work lifestyle I'd forced upon myself - long hours, overseas travel and client dinners. My wife begged me to get a PT. "Me, book a PT? Not a chance!" Obese, unfit and with high cholesterol, I was heading for a car crash and I was the test dummy.

Then my daughter found Conor and I started to see a difference in her energy levels and desire to get fit. Just prior to heading off onto a three week business trip, I met Conor for the first time. He listened, acknowledged the challenges (which he'd no doubt seen many times before) and gave me some good advice on nutrition, making sensible choices when dining out and finding time to do at least some exercise. I stated following his advice, felt more energetic and even lost a few pounds upon my return. Since then I have been exercising regularly, and tracking food closely (much to my wife's annoyance!) I'm no slim shady yet, but I'm now able to walk up hills that I often stopped several times on to "admire the views", have lost over 15kg in 6 months and more importantly, feel a lot better for eating much healthier meals. My resting heart rate has dropped 30% since I started with Conor and miraculously my loud snoring has also reduced significantly (according to my SnoreLab app.) So I'm now getting better sleep and oddly, waking up without the associated bruising from the wife during the night!! Additionally my cholesterol is now in the normal range!

Yes there are downsides. I've seriously wanted to kill Conor after both HIIT sessions I've done with him online and in our sessions face to face. However, if it helps keep me on this planet a little longer to enjoy my life with my family, then surely that's a small price to pay?

The travel and entertainment demands of work no doubt continue. But what Conor has taught me so far is that we always have a choice. Sometimes we make a worse choice, but that's ok as long as you make the next few, better ones!

Conor has been a great help and will, I'm sure, keep guiding with nutrition and fitness routines to help keep me on the straight and narrow. Thanks again Conor for all your help!"

BILL BRADSHAW

"Have worked with Conor for a few months now and have seen a lot of progress, both physically and mentally. He has been able to break down a lot of jargon into easy to understand (and follow) meal plans and workout routines. Having a weekly check in means you are accountable to yourself and him, and I've found his approach to be absolutely excellent. Would highly recommend for anyone looking to make changes to their lifestyle on a long term basis. Thank you Conor!"

RUPINDER UPI

"Conor is Brilliant! Over the off season Conor has been helping our rugby team with Fitness, the sessions are challenging but everything we do is related back to a rugby game so we are always focused on the goal and how what we are doing will benefit us. This really helped me and I am enjoying rugby games so much more, no more worry about fitness letting me down! Thank you so much Conor!"

SAMANTHA ACKERMAN



CONSULTANCY PRICING STRUCTURE

INVEST IN EMPLOYEE WELL-BEING & PERFORMANCE

At EATTOSUCCEED LTD, we are committed to enhancing workplace well-being, resilience, and productivity through expert-led health and fitness consulting. By investing in your employees' health, you create a stronger, more engaged workforce—leading to long-term benefits for both individuals and your organization.

CONSULTATION SERVICES

- Half-Day Consultation (8 slots): £750
- Full-Day Consultation (12 slots): £1,100

IN PERSON PRESENTATIONS

- Deep-Dive Presentation (2 hours): £500

ONLINE COACHING FOR EMPLOYEES

- Exclusive Coaching Network Membership: £250 per month (individual enrollment)

RETAINER PACKAGES – LONG-TERM INVESTMENT IN EMPLOYEE WELL-BEING

- Monthly Retainer (1 Half-Day per month) – £700
- 6-Month Retainer (6 Half-Days) – £4,050
- Annual Retainer (12 Half-Days) – £7,500

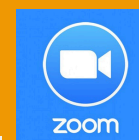
Investing in your employees' health is investing in your business's success. Let's work together to create a healthier, more productive workforce.

Get in touch today to discuss how we can tailor our services to your organization's needs.

TRUSTED PARTNERS



UNIVERSITY OF
BIRMINGHAM



FREQUENTLY ASKED QUESTIONS



HOW WILL OUR ZOOM CALLS BE STRUCTURED?

We will be guided by your questions and needs but I will aim to answer any and all questions in our 30 min slot related to sleep, stress management, recovery, training and nutrition - as per your needs and provide you with a follow up plan and overview of how to manage these things moving forward .

HOW DO FOLLOW UPS WORK?

You can book subsequent check-ins with me via the calendly app. I will always follow up with an email - which you can use to communicate with me if you prefer.

I NEED TO CANCEL A SESSION, HOW DO I DO THIS?

Please WHATSAPP me - 07985738295. *If you have to postpone or cancel a session, it must be done within 24 hours of the session start time. This is so that your appointment time can be opened up to other clients where necessary and so that I do not pay rent for space that is unused.

I DON'T WANT TO TRACK CALORIES, IS THIS OK?

Absolutely. Everything I suggest for you will be optional and there are always alternatives. We can talk more about this in session.

IS IT NORMAL TO FEEL SORE AFTER A WORKOUT?

Some mild muscle soreness is expected as what I take you through may be new and thus, your body needs time to adapt. If something becomes extremely sore, please text me so I can better advise.

HOW OFTEN DO I NEED TO WORKOUT?

A fantastic aim is three or more 40-60 minute workouts per week.

I HAVE FOOD ALLERGIES, WHAT CAN I DO?

Let me know and we will design the plan to accommodate these

I AM INJURED, WHAT CAN I DO?

Let me know and we will design the plan to avoid irritating activities and provide you with rehab or strength building exercises as appropriate.

IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO CONTACT ME

BY

WHATSAPP +44 7985 738295

OR

BY EMAIL EAT2SUCCEEDLTD@GMAIL.COM