

# COMPANY PROFILE



## ABOUT MOTIVE8

Established in 2000, motive8 is a multi-faceted health & fitness consultancy operating across three main areas of the industry. Alongside being Gym & Spa specialists, we also have a full-service fitness training consultancy and children's coaching department.

Our fitness training consultancy is tailored to an individual's specific requirements and encompasses all areas of fitness including exercise, nutrition, injury rehabilitation and sports specific training for all ages. As a unique and energising experience, it guarantees effective and efficient use of your exercise time to achieve your goals, keeping you motivated and, more importantly, on target. We have fitness studios in London and Leeds and also take our services to clients' homes and businesses in surrounding areas.

Our coaching team work with many schools, providing a comprehensive portfolio of curricular and extra-curricular sports programmes run by our team of fully-qualified, DBS-checked coaches. Through constant monitoring and assessment of all children and coaches, we ensure that sessions are delivered to the highest of standards at all times. Our team of coaches also deliver children's activity parties, holiday camps and private coaching.

## OUR ETHOS

- motive8 is privately owned and managed by one of its original founders, Nick Sadler. Sarah Cleland-Smith and Richard Moon, two of the first full-time employees, are now Co-owners and Co-directors, with Omar White joining the Board of Directors in 2016.
- The company has always maintained a tight recruitment policy, ensuring that all staff who join share a true passion for what they do and are aligned to the company ethos.
- Staff undertake a full induction prior to starting their role and are briefed thoroughly on all policies and procedures. Whilst we have grown significantly over the years, we still retain a friendly working and social environment.
- First-class customer service alongside building and maintaining positive, long-term partnerships are at the forefront of every project we undertake.
- We work across a variety of sectors in the health & fitness industry to promote exercise, sports and physical activity to both children and adults as a means to attaining a better quality of life. We aim to influence and educate as many people as possible on the positive benefits of leading an active and healthy lifestyle.
- Our coaches communicate our messages to children in their early years in primary schools reaching out to teachers and parents. Our trainers work one-to-one or with small groups of adults whilst our gym design team work within the corporate world. The end result is accessible, bespoke fitness solutions for everybody.



## FAST FACTS

### GYM & SPA

- motive8 has fitted in excess of 220 health and fitness facilities across the UK and Europe.
- Projects include everything from bespoke home gyms and corporate facilities to large scale, fully-staffed and managed residential, student and hotel facilities.
- motive8 works as a consultant to several major architects, offering design and planning advice to ensure the most efficient use of space and layout of equipment.
- motive8 holds over 200 maintenance contracts, providing quarterly servicing of equipment to correct faults and ensure longevity of equipment.

### PERSONAL TRAINING

- motive8 has personal training hubs in London and Leeds showcasing all the latest equipment and offering a first-class workout environment for clients.
- motive8 delivers over 200 gym induction sessions per month to users, ensuring they are educated on the equipment and can achieve maximum benefit from their facility.

- motive8 conducts over 600 personal training sessions each month, with a large, experienced team of trainers offering a complete lifestyle solution.

- In addition to our qualified personal training staff, we also have a number of Sports Therapists and Rehabilitation professionals who treat all kinds of sports-related injuries and problems.

### COACHING

- The motive8 coaching team delivers over 50 curricular and extra-curricular primary school sports sessions per week, as well as sports-specific camps throughout the school holidays.
- Team of 11 Coaches. All Lead Coaches are Level 2 qualified and DBS-checked and are encouraged to continue with internal and external CPD throughout their time with the company.
- Coaches not only maximise children's activity during sessions but encourage them to have a positive experience of and lifelong participation in sport.
- motive8 works closely with local colleges and universities in order to support apprenticeships, diplomas and other work-based learning placements.
- The motive8 coaching team has delivered the Sport Leaders UK Young Leaders Award to over 300 primary school children.



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