STRONG & READY

Coaching by Mo Agoro

Corporate Performance & Wellbeing

Mo Agoro

Performance Coach

Strength & Conditioning
Lunch & Learn Sessions

The Opportunity

Supporting the people behind your business

Your team's physical and mental wellbeing directly affects how they show up at work. A structured programme of group training and education sessions can help your workforce develop across five key areas.

Energy & Focus

Build physical energy and mental sharpness to perform consistently throughout the working day.

Strength & Fitness

Structured group training that builds strength, fitness and overall physical health.

Stress Resilience

Physical activity as a proven tool for managing stress and improving mental wellbeing.

Team Cohesion

Shared sessions that build relationships, morale and a collective commitment to wellbeing.

Education & Habits

Lunch & learn sessions covering nutrition, recovery, sleep and sustainable healthy habits.

The Strong & Ready Corporate Programme gives your team access to structured, professionally coached group training and education sessions delivered at your workplace.

The Programme

A flexible approach to workplace wellbeing

Flexible | **Group Sessions** | **Lunch & Learn**

Ongoing Support

Programmes are structured around your team's needs, schedule and available space.

Group training sessions at your workplace — frequency agreed around your team.

Typically 30–40 minutes. All fitness levels welcome.

Nutrition & Habits

Educational sessions covering nutrition, recovery, sleep and building sustainable healthy habits.

Progress & Accountability

Mo adjusts sessions and keeps your team progressing — no management needed from you.

No Barrier to Entry

Sessions are designed to be accessible for all fitness levels — no gym experience required.

What a Month Could Look Like

An example programme structure — tailored to your team

Weekly Group Training | Weeks 1–4

One coached strength and conditioning session each week. Typically 30–40 minutes.

Lunch & Learn | Week 4

One additional education session covering nutrition, recovery, sleep or healthy habits. Typically 20–25 minutes.

Monthly Check-In

Mo reviews progress, adjusts the programme and keeps the team on track.

What You Provide

A clear space for sessions. A named lead to coordinate with Mo.

What Mo Handles

All planning, coaching, content and delivery. Fully managed from day one.

Session frequency, timing and format are tailored to your team.



Mo Agoro

Performance Coach

BSc Exercise, Physical Health & Activity
MSc Strength & Conditioning

Professional coaching. Performance experience.

My approach combines academic knowledge, professional sport experience and over 10 years of coaching to help individuals and teams become stronger, fitter and more physically capable.

- Professional rugby league career since 2014
- International experience representing Jamaica — Rugby World Cup
- Extensive experience in strength, conditioning and physical performance coaching
- Corporate performance coaching delivered across multiple sectors including compliance, science, facilities management and professional sport

Voices of Impact

What our corporate clients say

Richard Carr
Director — Volta Compliance

"As a business owner both my team and my health comes first. Now we have a corporate package with Mo and Strong & Ready it's easy. Everyone participates as a team, my workforce is more focused and invigorated and we have bonded as a team. My team are benefitting both at work and home with improved fitness levels, more focus and general wellbeing."



Paul Walton
Managing Director — Don Whitley Scientific

"Mo has introduced various stretches and exercises that have made a big difference to my strength, mobility and general wellbeing. He makes training fun and is a really good guy to be around. We have been so impressed that he now runs weekly sessions for a number of our employees. I would have no hesitation in recommending him to anyone."



Kelly Dolphin
Chief People & Culture Officer — SBFM

"Mo's wellness sessions have been transformative for our team. His group activities boosted morale and created meaningful connections. Team members reported feeling more energised, resilient and less stressed, which translated to better focus, productivity and engagement at work."



Your Programme

A managed, professional wellbeing solution for your team

Strong & Ready Corporate Programme

- Flexible duration — ongoing monthly or fixed-term blocks
- Flexible group training sessions
- Lunch & learn education sessions
- Fully managed — Mo handles all planning and delivery

Pricing

Tailored to your team — get in touch to discuss what works for you.

07837 469 185
mo@mlaperformance.co.uk
mlaperformance.co.uk

Delivered at your workplace

What's required from you

A space for sessions and a named lead to coordinate with Mo.

No equipment, specialist facilities or programme management required from your team.

Ready to get started?

Get in touch to arrange a conversation about your team's needs.