

Transforming lives in just 60 seconds

New book helps business leaders to thrive in the corporate world

IN A world of increased work and social strain, it can be difficult for many to stay positive and focus on achieving business goals.

But the effective and educational MEEE (My Education, Employment and Enterprise) programme is transforming the lives of people in business all around the UK - with the aim of helping people become the best versions of themselves in the workplace and in everyday life.

MEEE works to build confidence, self-esteem, positivity and productivity and has major success in workplaces, schools and even with ex-offenders.

The programme, founded by Sid Madge, a former corporate brand strategist with over 30 years' experience, is now so popular that a book has been launched so that people can learn to live their lives the MEEE way.

Employers are now turning to MEEE to boost staff morale and performance.

It comes after a study carried out by the MEEE programme highlighted that happiness and confidence in the workplace was seriously lacking. Yet after completing the MEEE programme a massive 98 per cent of those who took

part found it to be a positive experience, with 40 per cent of people feeling better about themselves and 88 per cent feeling differently about their future. The initiative and the new book encourages happiness and success by changing the way people think about themselves and after being tried and tested on thousands of people, Madge says his first book and e-book can help businesspeople everywhere can change their mindsets and achieve more within the workplace.

MEEE In A Minute is the self-help book that will completely transform lives in just 60 seconds and is a must-read for those in business.

It is bursting with 60 different ways to improve thought processes, perceptions and positivity with short, effective chapters that each take just one minute to read - perfect for busy individuals whose spare time is precious.

MEEE In A Minute is packed with a collection of life hacks, advice, insights, science, stories, short exercises or thought experiments and quotes that will act as meaningful messages to readers and really resonate with them.

Having previously worked with heavyweight businesses including

Shell, John Lewis and Waitrose, Tesco and Visa, Sid Madge is keen to tackle firms both large and small, to increase staff engagement and provide effective workshops and projects that will achieve just that, whilst also offering the MEEE In A Minute book as a go-to guide within the workplace.

With glowing endorsements from people including Lord Young, Madge's compelling yet laid back tone engages readers from the get-go with his unique perspective on subjects including success, learning, confidence, gratitude and hope.

MEEE In A Minute book is the perfect companion for any employee, and stands MEEE In a Minute apart from every other self-help book already available.

Madge said: "The MEEE programme and MEEE In A Minute book are the perfect accompaniments for any business owner and employer who wants to really motivate their staff and get the most out of them in terms of productivity and their happiness in the workplace.

"Everyone knows that happy staff means a great working environment and ultimately, generates better results. Grab a copy and change yours and your employees lives starting now."

