
Project TK

Welcome to the Training Kaizen project. This is a guide that provides specific information about the "Results" project. Start the journey and reach your goals.

ABOUT US	1
Our Mission	1
The team	1
PRODUCT AND PROCESS	2
Product	2
Process	2
LIST OF FOLLOW-UP TASKS	3
Weekly meetings / Daily record	3
Resources	
List of resources / Social media	
PROJECTION AND FINANCIAL AREA	4
Financial area	4
Projection to the future	4

ABOUT US

Our Mission

Transmit our method of progress, through mental and physical care.

To achieve a state of well-being to reach goals and objectives.

Habits are the main tools.

The team

Physical Education: Axel Bleuer y Patricio Martínez G.

Community manager: Derek Bleuer

Psychology / Nutrition / Marketing : (associates)

Interact with the team and community at conferences.
Explore google office and online work tools through your @gmail account.
Subscribe to our website and follow us on our social networks to stay up to date and stay motivated and push others to stay on the path to results.

PRODUCT AND PROCESS

Product

The kaizen method is a process of generating awareness about self-care, our overall health. With the objective of learning habits that periodically lead us to a state of well-being and progress.

We provide professional attention from our Physical Education teachers and we have a network of health professionals to cover the overall welfare. (nutrition, psychology, medical consultation).

In addition, joining the community provides containment and motivation among all members.

Project process

This process lasts 90 days, and is divided into 4 periods of 3 weeks.

The method: Initial tests are carried out with specialists to collect data.

Then daily follow-ups and online evaluation interviews are done, we provide tools to carry out the project and we follow up from the different angles where we work.

The person collects the record of their daily habits to share with professionals and other members of the community.

Every 3 weeks the records are compared with those of the previous and initial period. An evaluation and restructuring is made.

LIST OF FOLLOW-UP TASKS

Weekly meetings

Personal interviews with the team, conferences with more community members, motivation and daily monitoring through social networks by the entire community.

Journal

Start a personal blog and register your day:

- Nutrition
- Intellectual activity
- Physical activity

RESOURCES

Online platforms

- ❖ Social media
- ❖ Google apps
(Drive, Forms, Podcasts, Classroom, Spreadsheet, Chat)
- ❖ “Blogger”
- ❖ Interactive video calls
- ❖ Multimedia recording (photography and video)

Social media

- [TK Instagram](#)
- [TK Website | Blog | Gallery](#)
- [Training Kaizen | Facebook page](#)

PROJECTION AND FINANCIAL AREA

Financial area

We are open to any form of payment that means positive growth.

Our payment system works like a savings bank. We make 33% refunds with respect to the objectives achieved.

*Request the contract to know the payment methods and the price of the project.

Projection to the future

How is the company's capital invested?

-The money is invested in service improvement, academic development, technology, brand and team expansion.

What is the company's purpose?

-The online methodology allows us to have global reach. Our objective is educational. Our purpose is to transform today's society, transcend and influence the next generations.

What happens when my contract expires?

The members of Training Kaizen are teachers. Our mission is to teach. When the contract ends, we are confident that the person has learned all the necessary tools to continue their journey and influence their environment.

by Training Kaizen Inc.

Buenos Aires - Ginebra