

PilatesByShivani

Women's Health Advocate and Pilates Business Owner Shivani Kalra Takes PilatesByShivani to New Heights with Peak Performance's

Pilates Profit Acceleration Program™

From its unique and tranquil Garden Studio PilatesByShivani offers clients a fantastic escape from urban life even if it's just for a short period of time. With a strong emphasis on setting the highest standards and bringing a positive and personal approach to clients, Shivani sets herself apart from others especially when it comes to Menopausal and Pelvic Floor Health for women.

Time and time again her one-of-a-kind approach has clients raving and her business expanding.

Goals

✓ **Build a Sustainable Pilates Business**

✓ **Open My Own Studio**



PilatesByShivani owner Shivani Kalra started where so many Pilates instructors find themselves, stuck between the lure of a corporate job and that of following her dream of creating a Pilates business that supported individuals but also provided her and her family with a stable income. Just one year on from joining the **Pilates Profit Acceleration Program™** with Peak Performance and she has opened her own studio, tripled her monthly income and has the confidence to know that YES her dream is absolutely viable and also scalable. It really is a tale of hard work and what a difference a year can make.

"To see what has transpired over the past 12 months has blown me away. I am no longer thinking of revisiting a career in banking but firmly committed and motivated to my Pilates business and career"

"To be frank I came onboard not knowing if Pilates was even a viable option for my future. It was hard to see how I could make it work. One year on how everything has changed"

*—Shivani Kalra
Owner, PilatesByShivani*

Shivani wanted her business to not only survive but to thrive however she recognised that the current approach wasn't working and she needed to seriously consider a different path or risk losing her dream altogether.

"My initial conversations with Brendan were me focused on being a part-time Pilates Instructor and that I would need to reluctantly revisit my banking career, something I knew deep down I didn't want to do. I had found my calling in Pilates, I just needed some support making it a reality"

While time was of the essence, thankfully Shivani committed to not give up on her dream just yet and to enter the **Pilates Profit Acceleration Program™**.

"We started to get clear about who I wanted to work with, the impact I wanted to make, what my messaging was going to be and how I needed to start handling prospects and clients to make my business work"

Over the last year Shivani has backed up her desire with determined action to make the business work. She has worked diligently with Peak Performance to implement the changes required and to now have a business model that is viable and a path forward to expand the business even further.

"Who doesn't have doubts when you take on a third party to work with you. Something just felt right about working with Brendan and I'm glad I trusted my gut on this one. The accountability has been great, our 1:1 calls are focused and the plan has worked to bring me to a place where I am running my own studio. But there's more to it than that I now have a future vision, re-invigorated confidence in my ability to reach new heights and continue the dream"

"To those Pilates owners thinking of giving up on their dream, hold on, get some help and know that it is possible. It was for me and it can be for you too. I would never have said that in 12 months I could do what I have done - gratitude is all that comes to mind. Stay strong x"

—Shivani Kalra



Shivani's case illustrates that sometimes it takes more than just desire to succeed, there is a place for expert advice, building a clear path to success and then taking massive action to get there.

Every small business owner's life is inextricably linked to their business, when both are working in parallel the impact can be huge on the business and for the individual. This very point is a key foundation to the program and understanding the goals and pace of change that is required.

"Knowing I could talk with Brendan about my life as well as my business was refreshing. Often our sessions were life-based as opposed to talking entirely about the business. It didn't take long for me to realise that when I am operating at my full capability my business results improved"

Shivani has developed a new vision for her business and is acting on the plans required to make this vision a reality and sees Peak Performance playing an important role in her future. She is an inspiration to all those Pilates business owners who find developing a business difficult and proof that strength and resilience can make dreams come true. What a difference a year makes!





PEAK PERFORMANCE

EMPOWERING INDIVIDUALS TO REACH THEIRS

ABOUT Peak Performance

Peak Performance specialises in offering coaching, consulting and mentoring services to Pilates business owners wishing to move their business forward. Through our experience we have developed expert knowledge on how to stabilise, grow and expand smaller studios and empower owners to realise their dreams. While it is the business owner who ultimately has responsibility for the actions, we pride our approach as being hands on and we work together with our clients on all strategies and implementation steps, we truly are a partner in the business. If you have a vision for your business and would like to discuss it further with us contact...

Email: brendan@peakperformancecoaching.ie | PeakPerformanceBusiness.ie