



Atif Javid
Entrepreneur, Mentor

Atif Javid Mentors Entrepreneurs To Achieve Success By Putting Health First

February 25, 2020

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Atif Javid is a success coach committed to guiding entrepreneurs towards a sustainable and lasting growth both in business as well as in personal life that is healthy and full of positive energy. As an entrepreneur who founded three multi-million Pound businesses, his mentoring and coaching is not just based on some theory. He has real life experience in implementing what he teaches. With his entrepreneur mentees, he immerses himself in their situation to then help them develop strategies to achieve greater heights.

Atif Javid has the Mindset Body Action (MBA) programme and the Organised Efficiency Funnel system as the catalysts to empower business owners achieve the next level of results.

Life is all about balance and Atif Javid truly believes in the veracity of maintaining that balance. Thus, he helps professionals attain their peak potential and fulfilment in both their professional and personal life. Not only does he devise strategies to help business owners unleash their capacities to achieve extraordinary progress, but Atif Javid also inspires them by sharing his personal experience and his personal methods which he has implemented in his own businesses for getting the transformation he had aspired for and from which he enjoys the fruit of ongoing success.

On Atif Javid's website, there is an abundance of free high-quality articles in which Atif shares his insights on how to achieve more success in business and life. One of his blog articles reasons on why health is more important than business. He came to this insight as he had observed business owners not prioritising their health. Good health is directly proportionate to more business growth. The cornerstones of health are diet, rest, and physical and mental exercise. When these elements are in tune with each other and are at good levels, then a higher level of performance at work will be easier to maintain. Also, with good health, ageing can be delayed, strength and energy levels increase, and stress and anxiety can be contained or alleviated. In summary, it is only when a business owner is healthy and happy can they function well in all aspects of their professional and personal life. An expose about Atif Javid's report that urges entrepreneurs to put their health first was published on Yahoo: <http://finance.yahoo.com/news/atif-javid-puts-entrepreneur-health-095000952.html>.

Atif's Organised Efficiency Funnel also caught the media attention and an article published can be read here: <http://www.morningstar.com/news/accesswire/567680msn/atif-javid-organised-efficiency-funnel-get-more-done-productivity-guide-launched>.

In his report about the Organised Efficiency Funnel, Atif talks about the system he designed that increases business efficiency by eliminating tasks that don't help a business or an individual achieve their goals. Hence, the work that they do really should only be the one that contributes to their progress ? it's all about workflow transformation. The funnel system breaks down huge to-do lists into more manageable pieces so that people involved have clarity and can be confident about executing the tasks assigned to them. The system saves time, energy, and resources as the task-filtering process takes on only the most necessary, timely, beneficial, and relevant tasks, with dead-weights, jettisoned out to obscurity. This way, businesses grow at an accelerated speed and organisational goals are achieved in shorter time.

The efficiency system and business growth programme developed by Atif Javid go back to his core mission of providing a structural action plan where entrepreneurs reap gainful development that is sustainable at both the professional and personal level.

More about Atif Javid can be read here: <http://www.atifjavid.com/about-atif-javid/>.

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Atif Javid mentors, coaches and helps entrepreneurs and business owners unlock their personal potential to achieve extraordinary success in both life and business.

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The logo for Atif Javid, featuring the name "ATIF JAVID" in a bold, black, sans-serif font. The text is centered within a thin black rectangular border.

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