

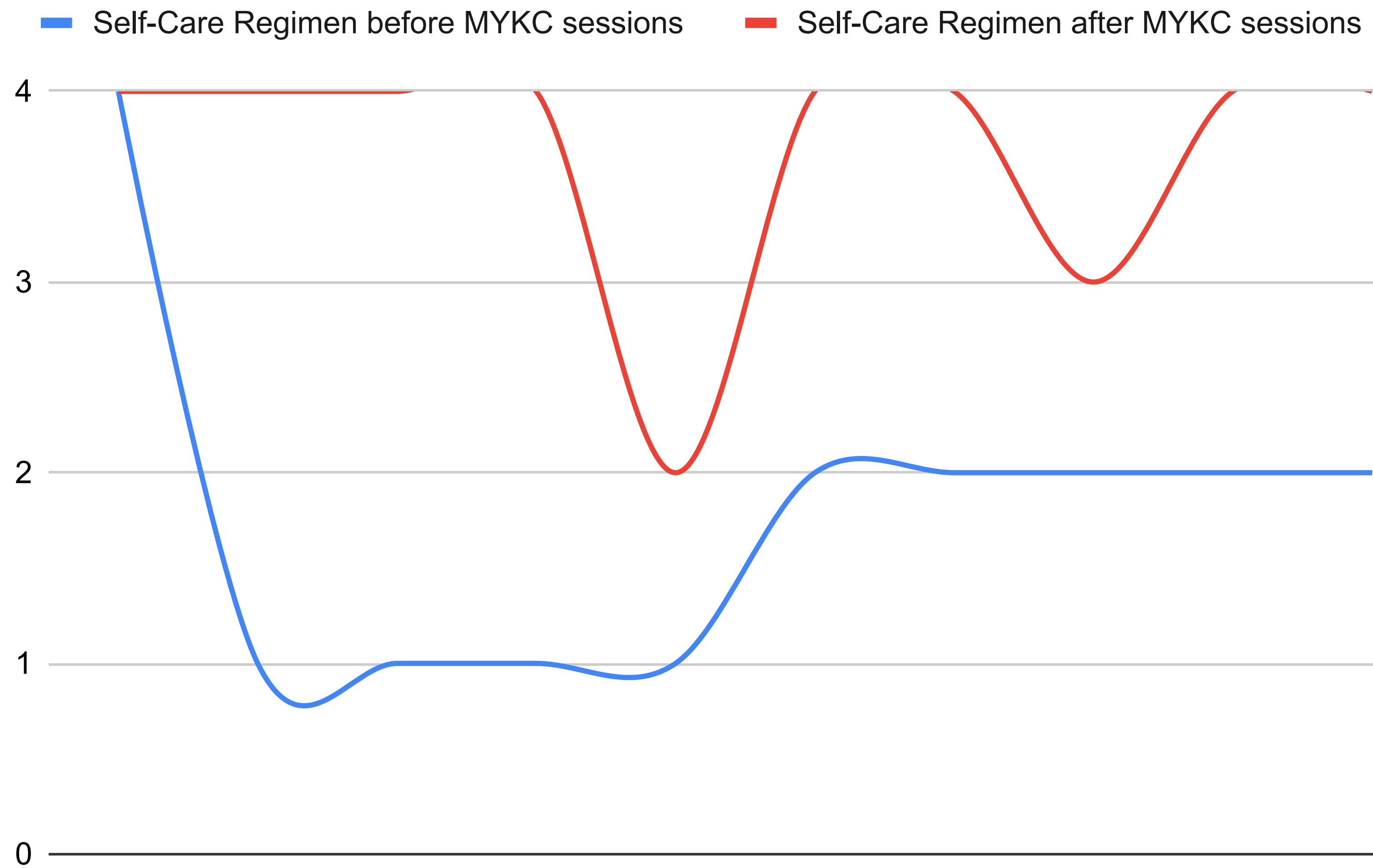


# MYKC SOCIAL IMPACT

Purpose - To gather data to establish the best methods so serve our community.

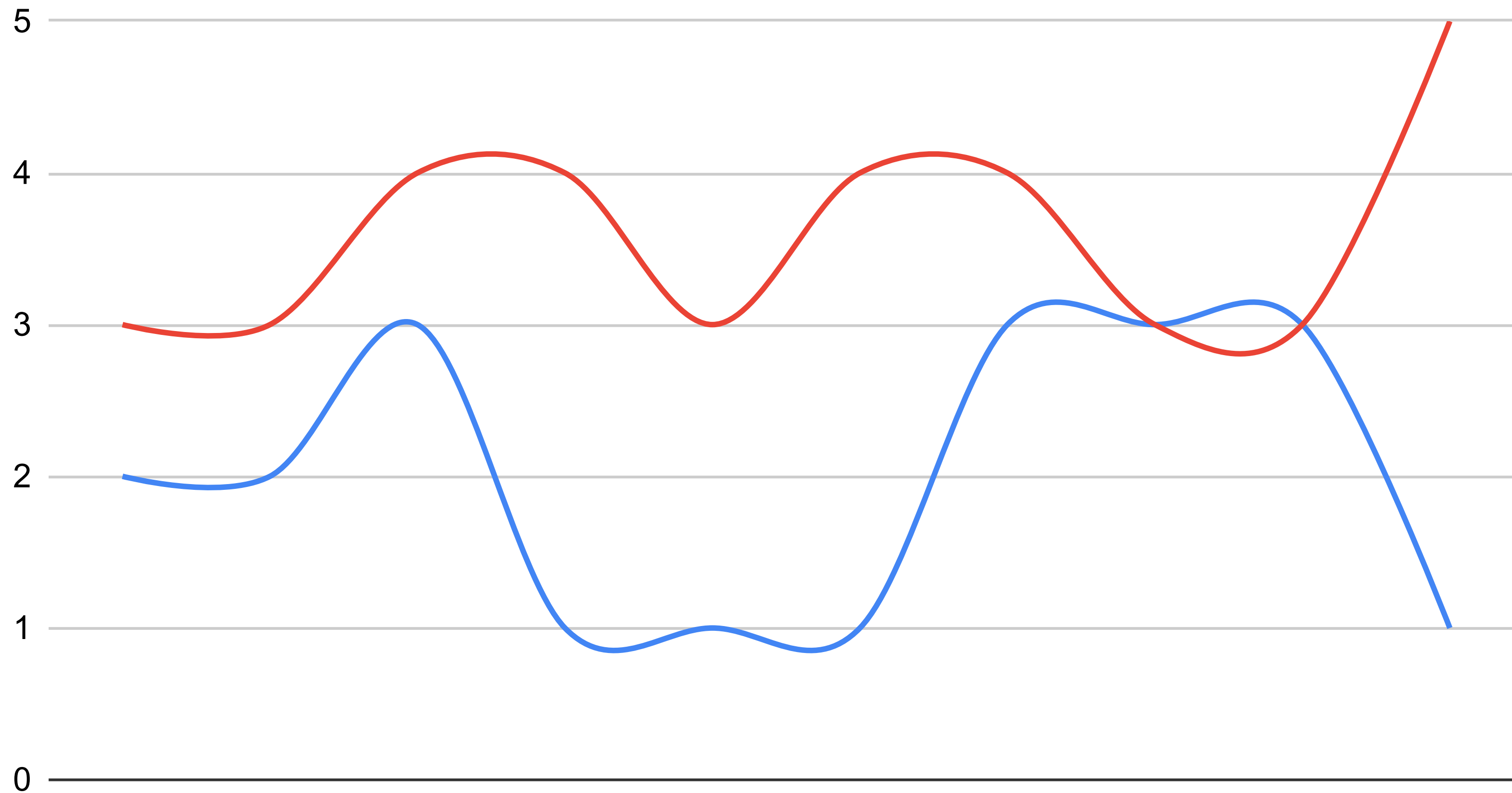
This is an anonymous self-reported survey.

# 105% Increase in Self Care Regimen



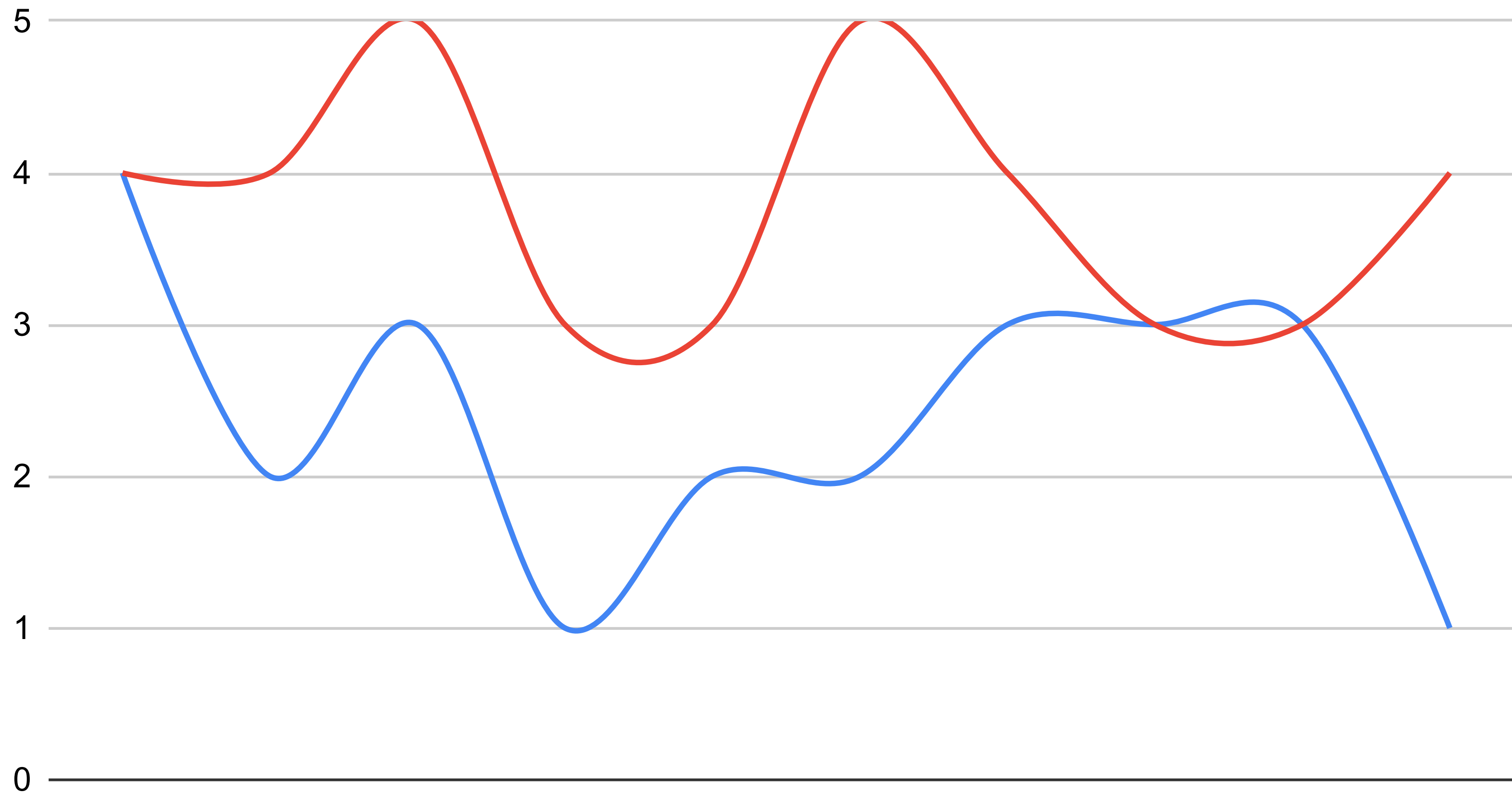
# 80% Increase in Conflict Resolution

■ Methods for conflict resolution before MYKC sessions  
■ Methods for conflict resolution after MYKC sessions

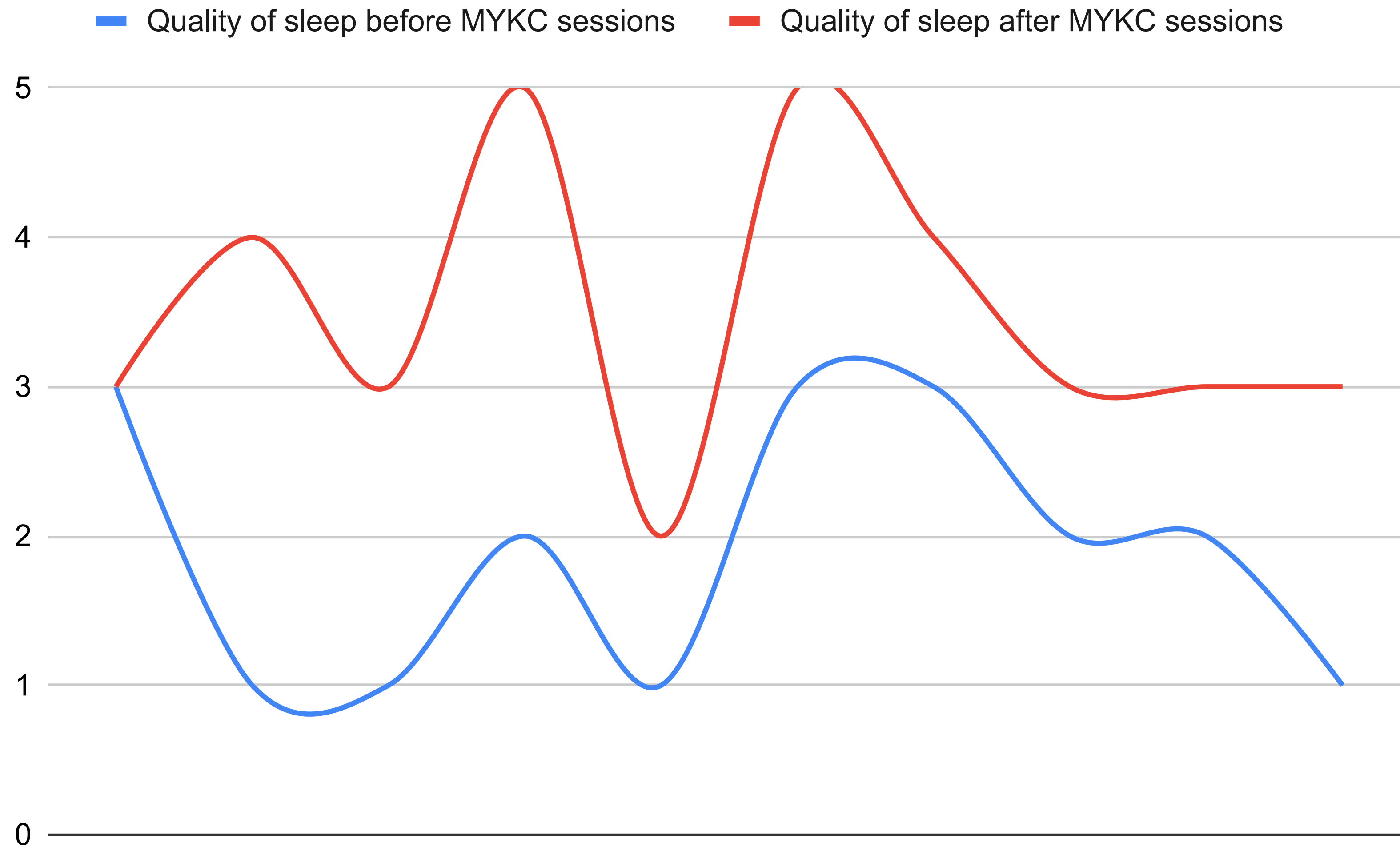


# 58% Increase in Professional Relationships

Professional relationships before MYKC sessions  
Professional relationships after MYKC sessions

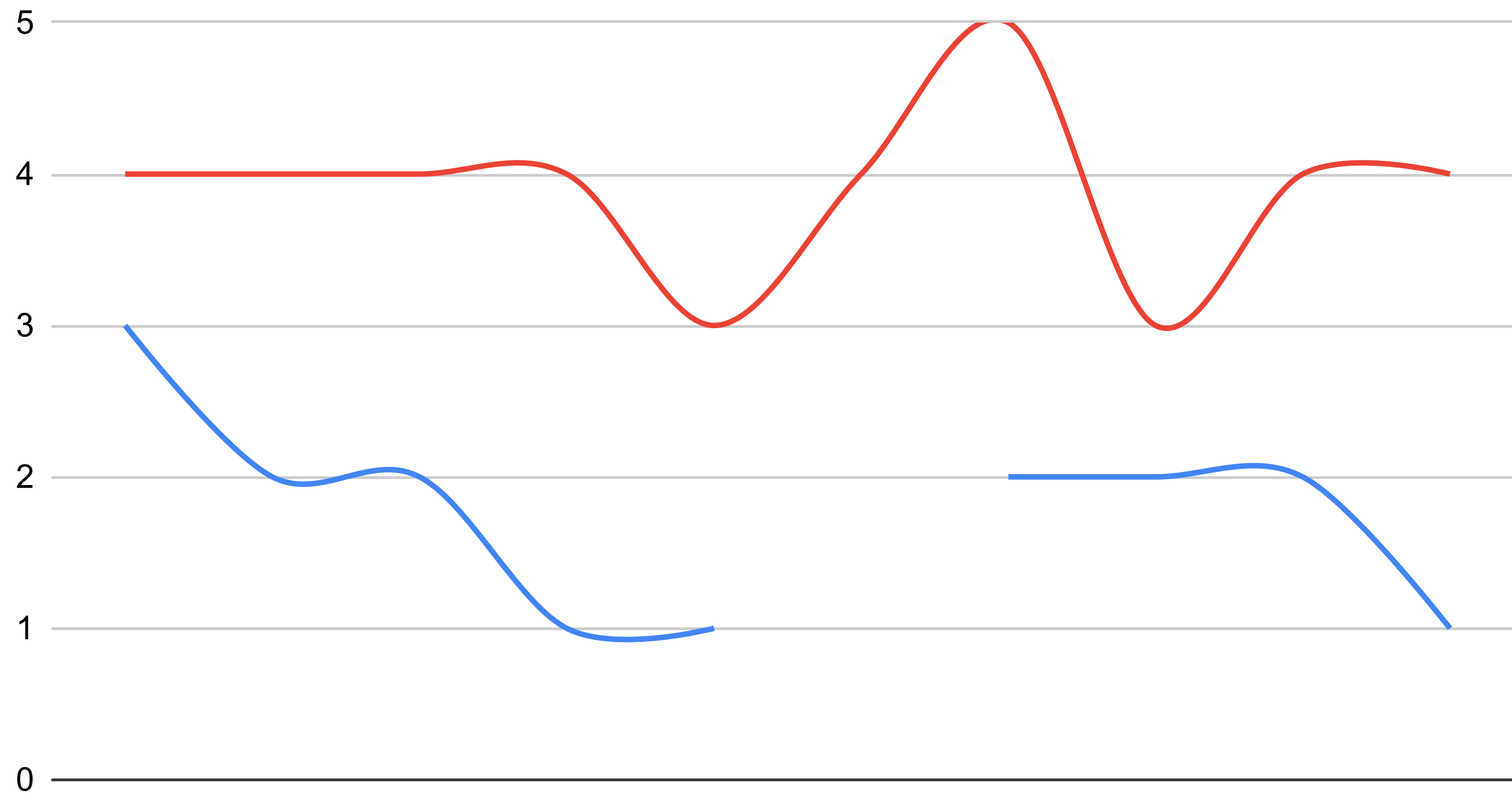


# 84% Increase in Sleep Quality

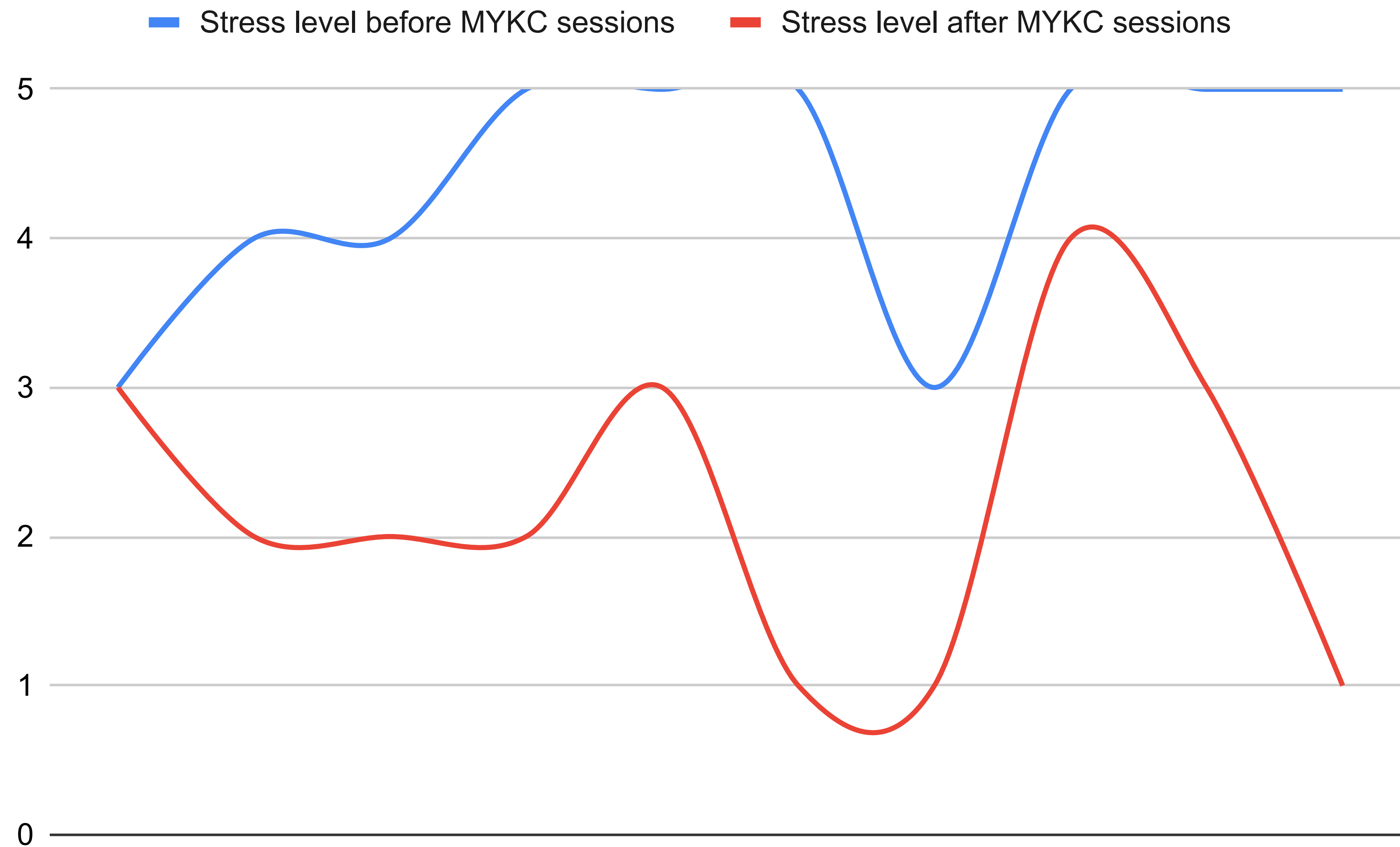


# 129% Increase in Stress Reduction Methods

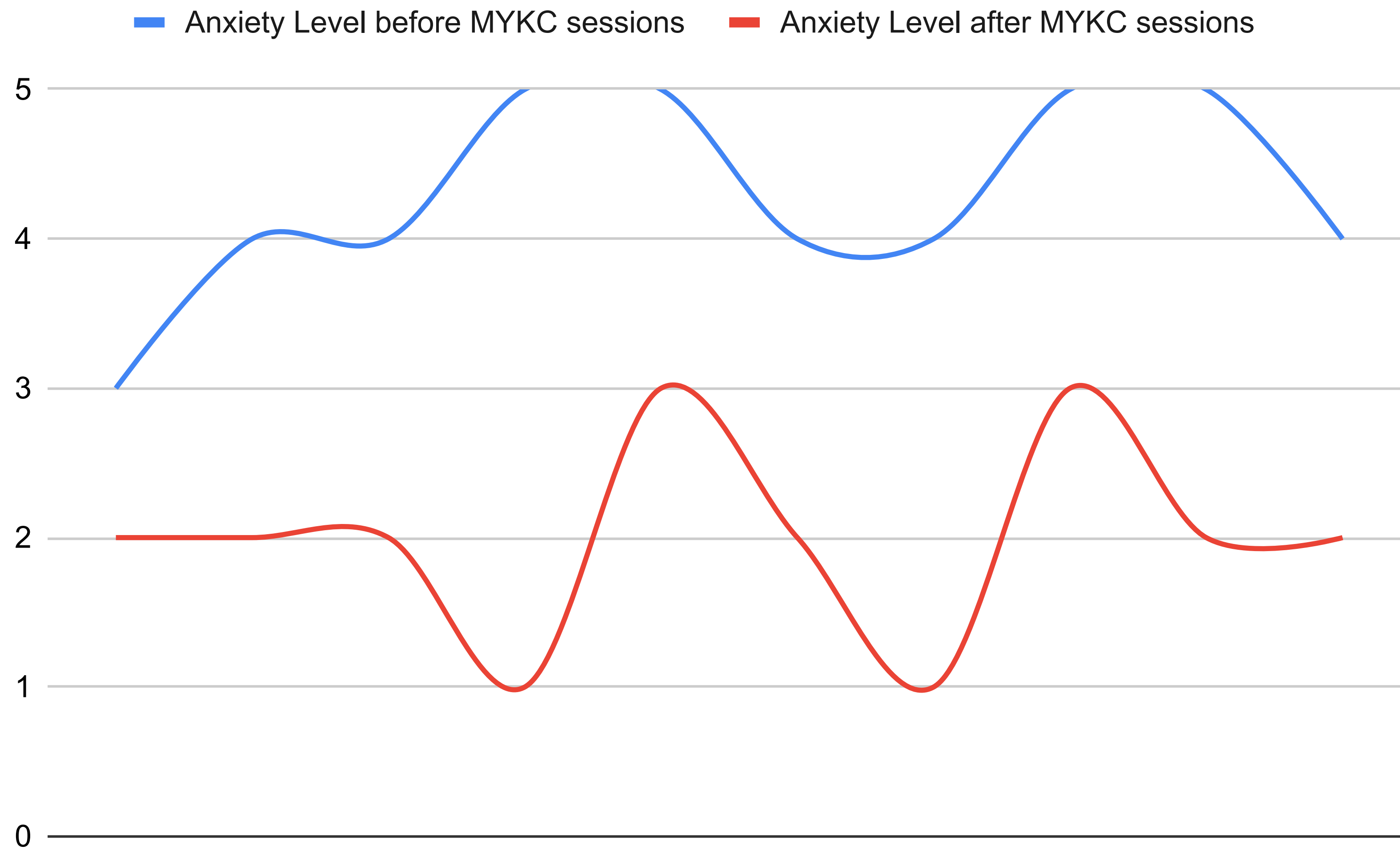
■ Methods for stress reduction before MYKC sessions  
■ Methods for stress reduction after MYKC sessions



# 50% Decrease in Stress Level

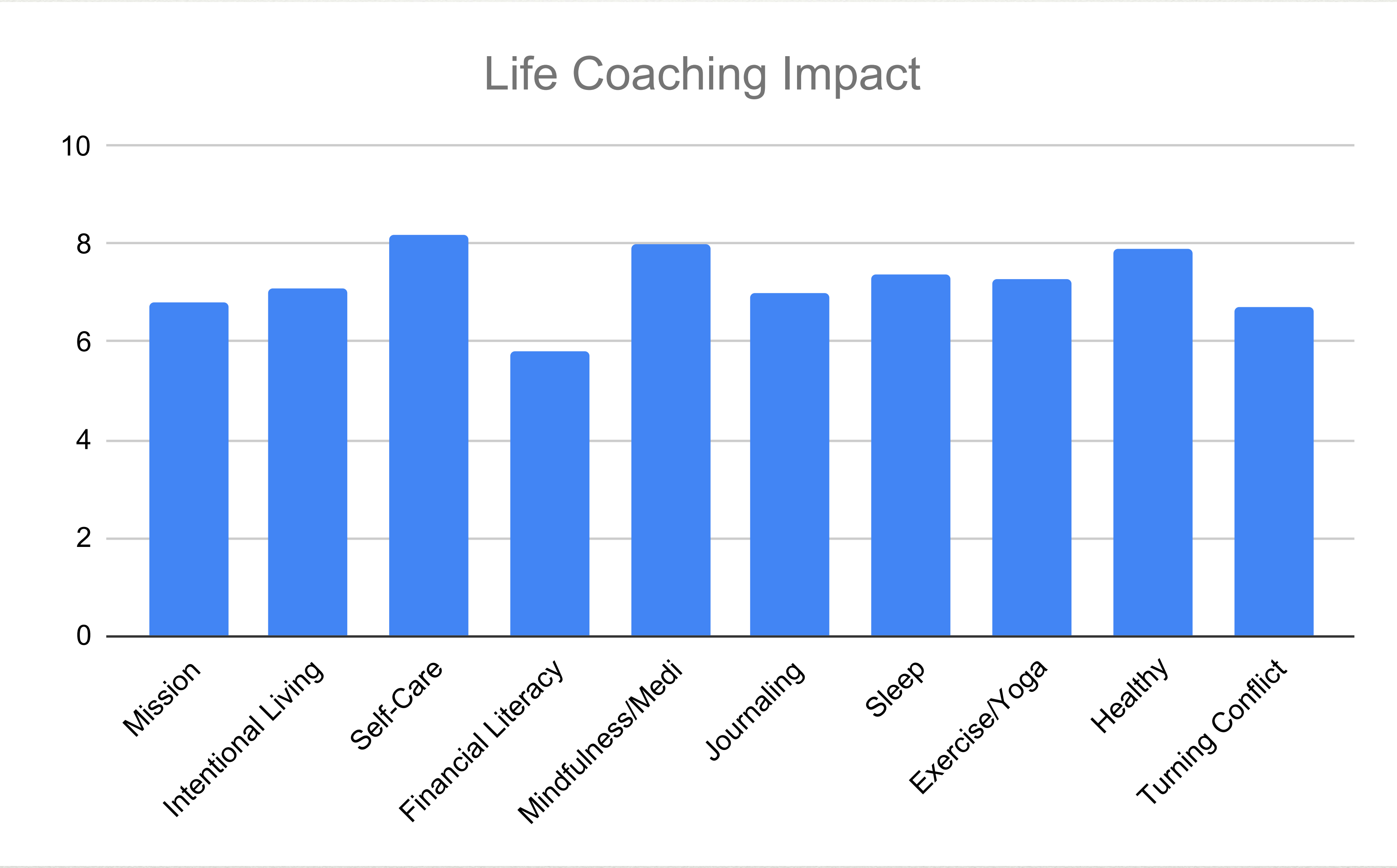


# 50% Decrease in Anxiety





# Life Coaching Impact



# Feedback

- Sometimes it's hard to say in front of storm, but once I realize I'm falling all the tools help me get back on track
- MYKC has changed the relationship I have with myself and my children. MYKC has had permanent positive effects on our family.
- PTSD information has been very helpful for us!