

OUR MISSION

The Method Now aims to help people live optimally and feel good about themselves. Whether that's in competitive sport, general fitness and athletic performance, body composition goals, loving who you see in the mirror, waking up feeling more energised, sleeping better, overcoming fertility challenges, supporting illness management - we're here for you.

When it comes to nutrition, we prefer a non-restrictive, straightforward approach based on education and coaching. We offer individualised plans that provide the foundation to live a healthy, happy life.

Achieving significant and sustainable changes to your body composition isn't easy, and we know that staying motivated and focused can be a challenge in and of itself. Not to mention, understanding nutrition and cutting through food marketing noise can be completely overwhelming and make it difficult to know where to start. Our purpose is to provide the accountability checks, support, and advice that isn't always easy to find within, which is why our coaches meet you where you are and stay by your side for as long as you need them.

The Method's mobile app and desktop dashboard make it easy to keep track of your progress, communicate with your coach and access our database of recipes, tips, tricks and inspiration.

The experience of our coaching team represents the needs of our diverse client base. Our coaches are well versed in nutrition for performance, specific health challenges, pregnancy/postpartum or helping you become the healthiest version of yourself.

We believe that with adequate guidance, every person has the ability to transform their lives and create lasting change.

BEING PART OF OUR TEAM

THE METHOD IS A MARKET LEADER.

Every member of our team is integral to the success of our clients, their peers, and the company's business objectives.

Our coaches represent diverse backgrounds to provide the best possible solutions for the growing needs of our clients.

Our approach is nimble, versatile and leading edge, and we provide clients appropriate tools and resources to support their unique situation and goals.

WE MAKE A DIFFERENCE TO OUR CLIENTS & COMMUNITY.

Each member of our team is tenacious in upholding integrity and seeing our clients' challenges through to the end.

We trust in our ability to help clients reach their goals by working on mindset and readiness for change.

We support each other to overcome challenges and to help our whole team offer the best possible service to clients.

We wholeheartedly believe knowledge is power.

WE ADD VALUE BECAUSE WE FEEL VALUED.

We lead by example.

Our people feel empowered to speak up, join in and illicit positive change.

We hold ourselves and each other accountable to deliver on our promises.

Each member of our team provides a valuable perspective that helps our business continue driving towards success.

EXCELLENCE IS NON-NEGOTIABLE.

We respond quickly to feedback from clients, colleagues and business leaders.

We use strategic and lateral thinking in the pursuit of our company's objectives.

Each individual is aware of how their actions impact the company's results and we take ownership to deliver on all expectations entrusted to us.

We always go the extra mile.