# INTEGRATED WORKPLACE WELLNESS PROGRAM



Let us build a customized plan to meet your workplace wellness needs - So you can focus on leading your company.



## **Fully Customized**

to the needs of your team and size of your company



#### Feedback & Measurable Data

with input from your full staff, including specific areas of strength and opportunities for optimization



## **Actionable Strategies**

to move your team forward, aligned with your strategic plan



## **Coaching & Mentorship**

Includes coaching, mentorship and resources to support your team

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#### Signature Keynote

Thriving not Surviving: Building Sustainable Habits for Wellness

#### **Healthy Workplace Culture**

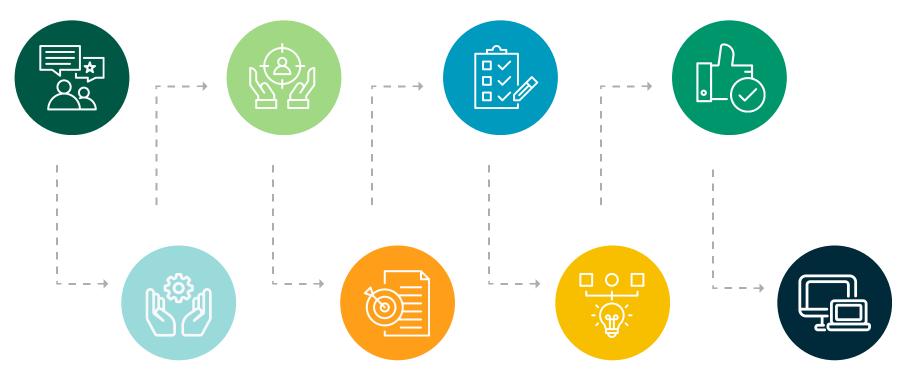
Full day Workshop for staff: Knowing me Knowing you

#### **Workplace Integration**

Full day workshop for Senior Leadership: KPI's – Actionable Strategies for Success

#### Flex Time

4 hours/month: To address key decisions, policy or programs within your company



#### **Leadership Workshops**

Two half workshops for your leadership team: Healthy Leaders, Healthy Teams

#### **Wellness Plan**

A customized plan for your oganization with measurable data and actionable strategies

#### **Leadership Coaching**

Two leadership coaching sessions each month for yourself or key staff on your team

#### **Wellness Resources**

Digital Personal Wellness Assessment for each staff member, a company Wellness Charter, as well as resource guides to support your team