

INTEGRATED **W**ORKPLACE **W**ELLNESS **P**ROGRAM



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 organization 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

