

Coaching Package

"I am very happy with the program. It has changed the dynamic at work and people are really focused on being healthier."

PROGRAM PARTICIPANT

"This program is absolutely wonderful! Just from changing my eating habits alone, I have lost 9.5 lbs. Haven't had much time for exercise except for walking and I can't wait until I can get in the gym and that will soon happen. My main concern was how do I change up my eating habits and as hard as I thought it would be, it wasn't and I truly appreciate you all and this program."

PROGRAM PARTICIPANT

"I was a little dubious about this process when it started, but it has turned out to be one of the best things that has happened in my whole life. Because it is someone who doesn't know me and can listen to me objectively, it works better than any friend ever could. It has seriously changed my life."

PROGRAM PARTICIPANT

OPTIONS FOR THE HEALTH-CONSCIOUS WORKPLACE

The existence of a corporate wellness program in your workplace shows that you already know that helping employees improve their health has tremendous benefits for the company as well as the individual. Adding a coaching component to your program is the next step in creating an even healthier workplace.

THE BOTTOM LINE

Wellness coaching improves outcomes for a variety of health issues. Coaches work one-on-one with the participant to help them identify goals to improve their health, develop strategies to achieve their goals, and plan for potential obstacles and relapses. They provide invaluable expertise, resources, support, and encouragement as participants make transitions toward better health and wellness.

THE COACHING EXPERIENCE

We partner with your employee to create a coaching experience that:

- Empowers them to take control of their health and wellness needs.
- Encourages realistic and attainable goals.
- Promotes accountability.
- Builds self-confidence and self-efficacy.
- Prepares them to overcome barriers to success.
- Provides the tools needed to achieve lifelong lifestyle changes.



QUICKCOACH™

QuickCoach is a call line with ready access to a trained Behavior Modification coach. Coaches address a variety of wellness related topics, from general concerns that relate to all aspects of health—like how to begin a new habit—to specific issues such as getting a better night's sleep as well as readiness to change.

WORKINGWELL COACHING

WorkingWell Coaching offers employees the experience of having a series of coaching sessions with the same coach in which to develop an in-depth plan for improving their health. The rapport and accountability that develops from having multiple calls with the same coach leads to the highest possible degree of success.

INCLUDING TWO CRITICAL RESOURCES

QuickCoach™
a call line with ready access to a trained Behavior Modification coach.

WorkingWell Coaching
a series of coaching sessions to develop an in-depth plan for improved health.

Get started with a WorkingWell Coaching Program at your company today.