

Engaging employees and facilitating lasting behavior changes



Workplace Coaching is a proactive approach to lifestyle changes that improve overall well-being. Our program is designed to meet employees where they are in their personal health journey, regardless of risk factors.

A whole program for the whole person.

Our clinically approved program is customized to each person's lifestyle, needs, health status and preferences to help them overcome obstacles. Both individual and group coaching are available regardless of where employees work – on-site, hybrid or remote.

Wellness Coaches help employees achieve personal goals in fitness, nutrition, weight management, stress management and overall well-being.



Individual program

- Personalized plan to suit individual needs
- Guidance and accountability
- Lifestyle topics such as fitness, emotional health, sleep, nutrition, weight management, family well-being and more



Group program

- A 12-week program with structured content and goal-setting
- Instructor-led active learning and moderated discussions
- Access to one-on-one coaching for additional support

Wellness Coaching

The value of Wellness Coaching in the workplace

51%

of companies with a strong coaching culture have higher revenues than other companies in their industry¹

82%

of employees felt more in control of their health and well-being with coaching support²

98%

of employees experienced positive emotions, including confidence, support, comfort and hope²

¹ICF Global Coaching Study 2020. ²Based on 2022 Optum Member Satisfaction Survey.

Proven results

Through the leadership of their Wellness Coach, an airline company delivered a comprehensive wellness event to 15k employees within their workplace.

The Wellness Coach collaborated closely with the company's Chief Health and Wellness Officer and the Director of Emotional Health and Wellness to craft a dynamic wellness event that included dedicated segments focused on stress, nutrition and sleep.

During the event employees had the opportunity to receive expert advice tailored to their needs and explore stations on setting SMART goals, snacking and hydration and meal preparation.



Our solutions are tailored to create a supportive environment that encourages employees to embrace wellness, leading to a healthier, more productive workforce. Let us help you transform your workplace into a hub of health and well-being.

Ready for a balanced approach to workplace well-being?

[Schedule a discovery call.](#)

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