



wellness corporate solutions

## The “Well Employee Solution”: Health Coaching

Health Coaching is a core competency of Wellness Corporate Solutions. A confidential coaching relationship is proven to improve health and well-being, and our highly-qualified coaches can motivate employees to become more active, improve family nutrition, manage stress, and cope with chronic health conditions. Whatever the need, we have professional coaches trained and certified to help.

### Qualified Professionals

Our pool of health coaches includes Registered Dietitians, Certified Personal Trainers, Registered Nurses, Occupational Health Nurses, Exercise Physiologists, Physical Therapists, Certified Health Education Specialists, Clinical Psychologists, and Life Coaches.



### Unlimited Access for All Employees

We offer employees a variety of ways to interact with health coaches: secure messaging, live instant-message chat, online journals, tracking tools, webinars, and phone.

### The Complete Coaching Process

Our health coaches believe that people are most likely to make positive lifestyle changes when supported by individuals who understand their unique needs. We listen, educate, motivate, evaluate, celebrate success, and rally after setbacks. Utilizing multi-disciplinary coaching techniques, our coaches provide participants with a broad, holistic approach to their health and wellness.

### Reporting of Outcomes

Coaches provide in-depth reporting on client progress, frequency of coaching interactions, and bottom-line impact.

**(877) 469-5411**

[www.wellnesscorporatesolutions.com](http://www.wellnesscorporatesolutions.com)

[info@wellnesscorporatesolutions.com](mailto:info@wellnesscorporatesolutions.com)