

# Health Coaching

with Wellness Corporate Solutions

WCS Health Coaching supports employees on a transformative journey towards greater wellbeing. Our team of Registered Dietitians helps participants make positive, sustainable behavior change so they can lead their best lives inside and outside the office. Our unique **Ready-Set-Goal™** approach provides the inspiration and guidance participants need to address key health challenges and become more resilient employees, family members, friends, and people.

## The Ready-Set-Goal™ Approach

Our coaches give every employee the one-on-one support they need to work towards their own goals, based on their greatest risk factors or most daunting wellness challenges.

We focus on empowering participants to identify challenges, set a vision, and achieve goals on an ongoing basis. Each session is designed to put employees on a lifelong path of wellbeing.

## WCS coaches use an evidence-based approach with 3 key stages:

- 1. Discovery.** In this stage, the health coach learns about the participant's current health status, begins building a relationship with them, and determines their readiness to change. WCS health coaches meet participants where they are at and personalize the process from there.
- 2. Visioning.** At this point, the participant will set their sights on specific wellbeing goals and shape their desired areas of focus. Their health coach will share practical ideas for making attainable, measurable progress.
- 3. Results.** Health coaches serve as an expert resource and guide, helping participants take stock of their changing habits, celebrate successes, and make adjustments as needed. Ultimately, they are empowering the participant toward self-efficacy, giving employees the chance to address future challenges on their own.

Our cutting-edge health coaching program engages and empowers employees nationwide:

1700+

Registered Dietitians in our nationwide network

98%

Participant satisfaction rate

96%

Of participants believe they were able to set a meaningful goal

95%

Of participants would recommend WCS health coaching to a colleague

91%

Of participants use all of their available coaching sessions



### Questions?

Call Wellness Corporate Solutions at 1-877-469-5411 or email [info@wellnesscorporatesolutions.com](mailto:info@wellnesscorporatesolutions.com)

Visit us at [www.wellnesscorporatesolutions.com](http://www.wellnesscorporatesolutions.com)

# Health Coaching

## Industry-Leading Coaches, Top-Tier Advice

All WCS health coaches are Registered Dietitians with various additional specialties. That means they have completed a degree with course work approved by the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics, have finished an accredited, supervised practice program, and are responsible for ongoing continuing education credits. They have all passed the Commission on Dietetic Registration's national exam.

On top of this accreditation, all WCS coaches undergo our specific WCS training, developed by our Medical Director, Chief Wellness Officer, and Director of Coaching Operations. Our health coaching leadership is National Board Certified, and has based our curriculum on guidelines from the International Consortium for Health and Wellness Coaching (ICHWC), the CDC, and other top health organizations. All coaches are equipped to understand and address the physical, environmental, and emotional factors in employees' lives.

## Accessible, On-Demand Support

We designed WCS Health Coaching to fit seamlessly into an employee's routine. We offer three key ways to participate: one-on-one telephonic coaching, 24/7 access to secure messaging, and on-site one-on-one sessions and additional programming.

Scheduling has never been easier with our upgraded participant portal, WellConnect Plus. Participants can select their coach based on descriptions that outline their specialties, and can choose convenient appointment times.

## Targeted Health Improvements

Our participants make positive behavior changes that set them up for lasting health and wellbeing. They also make real progress when it comes to risk factors: 2/3 of those who work with a WCS health coach reduce or eliminate at least one health risk.

## Most Common Health Risks Reduced:



“She was extremely easy to talk to and relayed information in a way that was easy to understand and remember.”

– 2018 COACHING PARTICIPANT  
MANUFACTURING INDUSTRY



### Questions?

Call Wellness Corporate Solutions at 1-877-469-5411  
or email [info@wellnesscorporatesolutions.com](mailto:info@wellnesscorporatesolutions.com)

Visit us at [www.wellnesscorporatesolutions.com](http://www.wellnesscorporatesolutions.com)