

certified corporate wellness coach

Certified Corporate Wellness Coach: Your Guide to a Healthier, Happier Workplace

Are you noticing burnout amongst your employees? Is productivity dipping? Are sick days piling up? The answer might be simpler than you think: investing in a certified corporate wellness coach. This comprehensive guide will dive deep into the world of corporate wellness coaching, explaining what it is, the benefits it offers, how to find the right certified coach for your organization, and the impact it can have on your bottom line. We'll equip you with the knowledge you need to make informed decisions about improving employee well-being and boosting overall business success.

What is a Certified Corporate Wellness Coach?

A certified corporate wellness coach is a professional trained to help organizations improve employee health and well-being. Unlike a general wellness coach, a corporate wellness coach specializes in navigating the unique challenges and opportunities presented within a workplace environment. Their expertise goes beyond simply offering fitness advice; they address the multifaceted aspects of employee well-being, including physical health, mental health, stress management, work-life balance, and even productivity enhancement. Certification ensures they've undergone rigorous training and possess the necessary skills and knowledge to effectively implement wellness programs and support employees. This training often covers areas such as:

Health Coaching Techniques: Utilizing evidence-based methodologies to guide individuals toward healthier choices.

Workplace Wellness Strategies: Designing and implementing tailored wellness programs for specific company cultures and needs.

Stress Management and Resilience Building: Equipping employees with coping mechanisms for workplace pressures.

Communication and Leadership Skills: Effectively interacting with employees at all levels within an organization.

Data Analysis and Program Evaluation: Measuring the success of wellness initiatives and adjusting strategies as needed.

The Benefits of Hiring a Certified Corporate Wellness Coach

The advantages of employing a certified corporate wellness coach extend far beyond improved employee health. Here's a breakdown of the key benefits:

Increased Productivity and Engagement: Healthier, happier employees are more productive and engaged. A coach can help foster a positive work environment that boosts morale and motivation.

Reduced Absenteeism and Presenteeism: By addressing employee well-being proactively, a coach can help minimize sick days and instances of presenteeism (being physically present but mentally disengaged).

Improved Employee Retention: Investing in employee well-being demonstrates that the company

values its workforce, leading to increased loyalty and reduced turnover.

Lower Healthcare Costs: Preventive measures and healthier lifestyle choices can lead to significant long-term savings on healthcare expenses.

Enhanced Company Reputation: A commitment to employee well-being enhances the company's reputation as a desirable employer, attracting top talent.

Stronger Company Culture: A wellness program, guided by a coach, can foster a culture of support, collaboration, and overall well-being.

Finding the Right Certified Corporate Wellness Coach

Choosing the right certified corporate wellness coach is crucial. Here's what to look for:

Certifications and Credentials: Look for coaches with recognized certifications from reputable organizations. This demonstrates their commitment to professional development and adherence to industry standards.

Experience and Expertise: Consider their experience working with organizations similar in size and industry to yours.

Specializations: Some coaches specialize in specific areas, such as stress management, nutrition, or mindfulness. Choose a coach whose expertise aligns with your company's needs.

Client Testimonials and Case Studies: Review previous clients' experiences to gauge the coach's effectiveness and approach.

Program Design and Implementation: Understand their process for assessing your company's needs, designing a tailored program, and implementing it effectively.

Ongoing Support and Measurement: A good coach provides ongoing support and regularly measures the program's impact using relevant metrics.

The ROI of a Corporate Wellness Program

While the benefits are significant, many organizations question the return on investment (ROI) of a corporate wellness program. The ROI isn't always immediately quantifiable, but it can be substantial over time. By calculating factors such as reduced healthcare costs, decreased absenteeism, and increased productivity, you can begin to understand the long-term financial benefits. A certified corporate wellness coach can help you track and measure these key performance indicators (KPIs) to demonstrate the positive impact on your bottom line.

Integrating Wellness into Your Company Culture

Successfully implementing a wellness program isn't just about hiring a coach; it's about integrating wellness into the fabric of your company culture. This involves leadership buy-in, employee engagement, and a consistent commitment to promoting healthy habits. A certified corporate wellness coach can guide you through this process, helping to create a supportive and sustainable environment that fosters employee well-being.

Conclusion

Investing in a certified corporate wellness coach is a strategic move that can significantly improve your organization's overall health and success. By focusing on employee well-being, you're investing

in your company's future. The benefits extend far beyond improved morale; they translate into increased productivity, reduced costs, and a stronger, more competitive business. Take the proactive step towards a healthier, happier, and more successful workplace.

Frequently Asked Questions (FAQs)

1. How much does a certified corporate wellness coach cost? The cost varies depending on factors such as the coach's experience, the program's scope, and the duration of the engagement. Expect a range of fees, but it's an investment that often pays for itself through increased productivity and reduced healthcare costs.
1. What if my employees aren't interested in a wellness program? A certified corporate wellness coach can help address this by designing a program that caters to diverse interests and preferences. They can also help promote the program effectively to encourage participation.
1. How long does it take to see results from a corporate wellness program? Results vary depending on the program's focus and the employees' engagement. You might see improvements in morale and energy levels relatively quickly, while more significant changes in health metrics might take longer. Regular monitoring and adjustments are key.
1. Can a certified corporate wellness coach help with specific health conditions? While a wellness coach is not a medical professional, they can work collaboratively with medical providers to support employees managing chronic conditions. They can focus on lifestyle adjustments and stress management techniques to improve overall health and well-being.
1. What if my company is small? Do I still need a certified corporate wellness coach? Even small businesses can benefit from the expertise of a certified corporate wellness coach. They can create tailored, cost-effective programs to address the unique needs of a smaller workforce, focusing on building a strong and healthy team culture.

certified corporate wellness coach: *Wellness Coaching for Lasting Lifestyle Change* Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

certified corporate wellness coach: Coaching Psychology Manual Margaret Moore, Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

certified corporate wellness coach: Masterful Health and Wellness Coaching Michael Arloski, 2021-08 In Masterful Health & Wellness Coaching Dr. Arloski focuses on advancing the reader's understanding of the process of coaching in the health and wellness setting and guides the reader to a comprehensive level of expertise. Honing the craft as wellness coaches is the goal. Masterful Health & Wellness Coaching offers tools to become a true master of the history, research, scholarship, and techniques of wellness coaching at its highest level. Masterful Health & Wellness Coaching is divided into three parts, beginning with a foundation that great coaching is about transformation. Changing behavior needs to be viewed not through a unitary lens, but in the context of growth and development. Arloski reveals how this can be done for the client, for the coach, and for the growing profession of wellness coaching. The second part focuses on How to Be, that is, a coaches presence and way of being in the world and with a client, and the powerful effect this has upon the coaching process. Part Three takes a deeper dive into the craft of wellness coaching. Throughout Dr. Arloski references what can be learned from relevant theory and research. Masterful Health & Wellness Coaching is tailored to coaches who want to go beyond the basics of SMART Goals and accountability, beyond tracking calories and sit-ups. It is for: - Coaches who want to become scholars of coaching. - Coaches who want to develop a greater understanding of the process of behavioral change. - Coaches who want to learn more about wellness. - Coaches who want to master what the entire field of health promotion has discovered about being well. - Coaches who want to become skilled craftspeople. - Coaches who want to meet their clients with understanding, empathy, and non-judgment. Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. Masterful Health & Wellness Coaching gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's. Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

certified corporate wellness coach: ACSM Certified Personal Trainer Exam Prep Ascencia, 2020-08-12

certified corporate wellness coach: Lifestyle Wellness Coaching James Gavin, Madeleine Mcbrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, Lifestyle Wellness Coaching, Third Edition With Web Resource, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. Lifestyle Wellness Coaching has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource houses

easy-to-use forms, plans, and assessments that professionals can use immediately with clients. Lifestyle Wellness Coaching examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Lifestyle Wellness Coaching introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. Lifestyle Wellness Coaching, Third Edition, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

certified corporate wellness coach: How to Be a Health Coach Meg Jordan, 2013-08-29
This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

certified corporate wellness coach: Workplace Wellness that Works Laura Putnam, 2015-06-08
A smarter framework for designing more effective workplace wellness programs
Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

certified corporate wellness coach: *Eat Pretty* Jolene Hart, 2014-02-25 Nutrition is the fastest-rising beauty trend around the world. *Eat Pretty* simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. *Eat Pretty* offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

certified corporate wellness coach: *Rock Steady* Ellen Forney, 2018 *Rock Steady: Brilliant Advice From My Bipolar Life* is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, *Marbles: Mania, Depression, Michelangelo, and Me*. Whereas *Marbles* was a memoir about her bipolar disorder, *Rock Steady* turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

certified corporate wellness coach: *Reality Therapy* Robert E. Wubbolding, 2011 *Reality Therapy* helps clients to learn to be more aware of their choices and how these choices may be inefficient in achieving their goals. In this book, Robert E. Wubbolding presents and explores this approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary and future developments.

certified corporate wellness coach: *ROAR* Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. *ROAR* will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. *ROAR* is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, *ROAR* contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

certified corporate wellness coach: *Mila's Meals* Catherine Barnhoorn, 2021-11 *Mila's Meals* is part cookbook, part whole-food nutrition encyclopaedia covering The Beginning of your child's lifelong relationship with food and The Basics of feeding yourself food that is medicine.

certified corporate wellness coach: *The Primal Blueprint* Mark Sisson, 2019 *The New Primal Blueprint* serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable *Primal Blueprint* lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The *Primal Blueprint* laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively

challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. --

certified corporate wellness coach: *Authentic Happiness* Martin Seligman, 2011-01-11 In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

certified corporate wellness coach: *Your Journey to a Healthier Life* Michael Arloski, 2017-09-15

certified corporate wellness coach: *Pause. Breathe. Choose.* Naz Beheshti, 2022-06-14
PROVEN STRATEGIES FOR SUSTAINABLE SUCCESS Naz Beheshti distills the most valuable lessons she learned from her first boss and mentor, Steve Jobs, into a holistic method to live your best life. Presenting the highly effective framework that Beheshti has used with clients for over a decade, this book is a guide for self-discovery, better choices, and purposeful growth. Now more than ever, when stress and burnout are ubiquitous, we must access our authentic self by closing the gap between leading with our head and our heart. When we integrate every aspect of our life (career, relationships, self-care, and self-development) and fuel that ecosystem as a whole, we can both be well and do well. Rooted in neuroscience, mindfulness, and positive psychology, *Pause. Breathe. Choose.* offers more than eighty proven strategies to improve yourself and your workplace and achieve sustainable success. When you become the CEO of your well-being you will: • master mindfulness to access your authentic self and make better choices • strengthen emotional intelligence to cultivate stronger connections • upgrade your mindset and behavior to take charge of your life • manage stress and build resilience to bounce forward and thrive • connect your head and your heart to lead with passion and purpose • gain greater energy, clarity, and creativity to navigate change and growth with confidence • improve leadership effectiveness, employee well-being and engagement, and company culture

certified corporate wellness coach: *The Food Babe Way* Vani Hari, 2015-02-10 Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full of shopping lists, meal plans, and mouth-watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In *The Food Babe Way*, Hari invites you to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her

own transformation along with easy-to-follow shopping lists, meal plans, and tantalizing recipes, The Food Babe Way will empower you to change your food, change your body, and change the world.

certified corporate wellness coach: Thrive Arianna Huffington, 2014-03-25 In Thrive, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

certified corporate wellness coach: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

certified corporate wellness coach: Coach Yourself to Wellness Fiona Cosgrove, 2019-09-26 Wellness is possible through good health, moderate fitness, acceptable weight and lack of undue stress. It's all about understanding that everybody's wellness vision is individual and

meaningful only to them. Coach Yourself to Wellness is the perfect life-changing companion, especially for those of us reluctant to change. This is the essential step-by-step guide for people who want: vibrancy energy growth By identifying what really motivates you, you can create a vision, develop strategies to overcome foreseeable obstacles, re-evaluate yourself and plant the seeds for a healthy life. Coach Yourself to Wellness will inspire a new and fruitful way to live. Bridging the gap between where you are and where you want to be has never been more within reach. Learn how to design and follow a step-by-step plan that will open up a new way of living - one that will bring satisfaction, a feeling of achievement and spur you on to set new goals. So change your life, read Coach Yourself to Wellness and cast aside your old unhealthy habits.

certified corporate wellness coach: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

certified corporate wellness coach: ACSM's Certification Review American College of Sports Medicine, 2010 This is a review manual for candidates wanting an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

certified corporate wellness coach: Organize Your Emotions, Optimize Your Life Margaret Moore, Edward Phillips, M.D., John Hanc, 2016-09-06 From a top wellness coach and a Harvard Medical School professor, comes this revolutionary book that will show you how to identify and decode your nine most basic emotional needs—and coach yourself to a calmer, healthier, and happier life. The more you thrive, the better your brain functions, and you're able to perform at the best level. Your health improves. You enjoy life more. When you're thriving, your stress level is down, your confidence is up, and the internal frenzy is tamed by a poised, self-assured mind. But if you're like the majority of Americans, you may be, in psychological terms, languishing rather than flourishing—surviving instead of thriving. For many, feeling overwhelmed and out of balance has become normal, a consequence of overlooking basic emotional needs. The key to reaching a happy, healthy state is by tapping into, not tuning out, your distinct emotions, and listening to the inner monologue inside your mind. Organize Your Brain, Optimize Your Life combines the worlds of self-help, psychology, and medical science to guide you to a place of self-management and control. This insightful, approachable book will teach you how to identify, decode, and assess the nine most basic emotions that rule your brain and to recognize each of these voices and act accordingly to achieve a wide range of goals—from weight loss to career management. Coach your brain to gain deeper insight of your individual needs and live life to your maximum potential.

certified corporate wellness coach: Kicking Sick Amy Kurtz, 2016-12-31 According to the CDC, one out of every two adults is living with a chronic illness. With Kicking Sick, Amy Kurtz offers this welcome guide based on her firsthand expertise to help you find the support, self-care essentials, and best medical and integrative treatment plan to improve your unique health situation.

certified corporate wellness coach: Body Thrive Cate Stillman, 2019-03-05 Discover an innovative new curriculum for smarter, naturally rejuvenating daily habits through Ayurveda and yoga “This is the next frontier of Ayurveda.” —Mark Hyman, MD, medical director at Cleveland Clinic's Center for Functional Medicine and 11-time New York Times bestselling author The habits you choose over time create your day-to-day thrive. What habits have you been choosing? Are they helping you—or holding you back? Evolving your habits doesn't have to be a struggle. In Body

Thrive, wellness expert Cate Stillman guides you into 10 critical daily routines based on Ayurveda that will rejuvenate you by aligning your daily schedule with natural biorhythms. Rather than presenting a rigid checklist of scheduled tasks, Cate encourages easy and steady progress through small actions. Including access to dozens of downloadable worksheets to help you chart your progress through the habits, Body Thrive provides step-by-step instruction for developing aligned action in your daily routine. Here you will learn: The immediate advantages of lighter, earlier dinners Why you should listen to your body clock and go to bed before 10 PM How to set up a vibrant, energized day with an intentional morning routine Coordinating your workout with the intelligence of the breath The satisfaction and abundance of eating a locally sourced, plant-based diet Techniques for invigorating self-massage How to properly sit in contemplative silence Healthy eating guidelines that will leave you feeling nourished and fulfilled Methods for heeding and maintaining the wisdom of your senses How to choose ease and spaciousness instead of stress and constriction “You only get one body,” writes Cate. “What habits are you going to mold it with?” With Body Thrive, you’ll discover how to catalyze more energy, improve your digestion, hone your fitness routine, cultivate peace of mind, and shift your own habits toward lifelong health and wellness.

certified corporate wellness coach: It's Not Complicated Katie Lee Biegel, 2021-03-23 From bestselling author and the star of Food Network's *The Kitchen*, *It's Not Complicated* offers recipes designed to simplify cooking (and life!) After years of throwing lavish, carefully planned dinner parties, hosting numerous food shows, and jet-setting across the globe, Katie Lee has settled down. Having recently married the love of her life, Lee prefers quiet dinners with her family to multi-day cooking affairs for dozens of guests. Pasta every Sunday. Thick cut rib eyes. Ideas for cooking vegetables that go beyond roasting. A perfect brownie. In short, her life is guided by a new principle: Things don't need to be complicated to be good. In *It's Not Complicated*, Katie Lee, author, influencer, and Food Network star, offers 100 of her favorite recipes that are easy, yet exciting—and always delicious. Written for the veteran chef and kitchen novice alike, Lee's recipes have few ingredients and simple steps that are meant to ease up your life. Perfect for weeknights, but special enough for having people over, *It's Not Complicated* shares the recipes people really want: classic, unfussy sure-things. *for full directions on the Creamy Spinach Artichoke Pasta, visit https://www.abramsbooks.com/errata/craft-errata-its-not-complicated/*

certified corporate wellness coach: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 *State of the Global Workplace* offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

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Toxic And Expensive Chemical Disinfectants Lurking In Your Home! Monika Pavlickova, 2020-03-22 The Best Homemade Sanitizing Wipes! Make Your Own Sanitizer And Protect Yourself And Your Family! Ditch The Expensive And Toxic Chemical Disinfectants Lurking In Your Home! Super Easy and Eco-Friendly Recipes for your homemade disinfecting wipes and home cleaning. They are more powerful than bleach and safe to use on a regular basis for yourself, your family, pets. BONUS INCLUDED FOR BOOSTING YOUR IMMUNE SYSTEM AND YOUR HEALTH! This is a must read if you and your family would like to be healthy. Many people are not aware of the fact that using toxic chemical disinfectants especially on the floor is very dangerous and health-damaging to your pets because they leak their paws all the time and that way consume the toxic chemicals. These Eco-Friendly Homemade Sanitizing Wipes Recipes are also easy on your POCKET!

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