

CORPORATE HEALTH AND WELLNESS CONSULTANT

CORPORATE HEALTH AND WELLNESS CONSULTANT: INVESTING IN YOUR EMPLOYEES' WELL-BEING

ARE YOU NOTICING BURNOUT, LOW PRODUCTIVITY, AND HIGH ABSENTEEISM IN YOUR COMPANY? ARE YOU LOOKING FOR A SUSTAINABLE WAY TO BOOST EMPLOYEE MORALE AND CREATE A HEALTHIER, MORE ENGAGED WORKFORCE? THEN YOU NEED A CORPORATE HEALTH AND WELLNESS CONSULTANT. THIS COMPREHENSIVE GUIDE WILL EXPLORE THE CRUCIAL ROLE OF THESE PROFESSIONALS, OUTLINING THEIR SERVICES, BENEFITS, AND HOW TO FIND THE RIGHT FIT FOR YOUR ORGANIZATION. WE'LL DELVE INTO EVERYTHING YOU NEED TO KNOW ABOUT INCORPORATING A PROACTIVE HEALTH AND WELLNESS STRATEGY INTO YOUR COMPANY CULTURE, ULTIMATELY LEADING TO A MORE PROFITABLE AND FULFILLED TEAM.

UNDERSTANDING THE ROLE OF A CORPORATE HEALTH AND WELLNESS CONSULTANT

A CORPORATE HEALTH AND WELLNESS CONSULTANT IS A SPECIALIST WHO DESIGNS AND IMPLEMENTS PROGRAMS AIMED AT IMPROVING THE PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING OF EMPLOYEES. THEY GO BEYOND SIMPLY OFFERING GYM MEMBERSHIPS; THEY'RE STRATEGIC PARTNERS WHO UNDERSTAND THE INTERCONNECTEDNESS BETWEEN EMPLOYEE HEALTH AND OVERALL BUSINESS SUCCESS. THESE PROFESSIONALS CONDUCT THOROUGH ASSESSMENTS OF YOUR COMPANY'S CURRENT HEALTH LANDSCAPE, IDENTIFY AREAS FOR IMPROVEMENT, AND CREATE TAILORED SOLUTIONS THAT ALIGN WITH YOUR SPECIFIC NEEDS AND BUDGET.

KEY SERVICES OFFERED BY A CORPORATE HEALTH AND WELLNESS CONSULTANT

THE SERVICES PROVIDED BY A CORPORATE HEALTH AND WELLNESS CONSULTANT ARE REMARKABLY DIVERSE AND ADAPTABLE TO DIFFERENT ORGANIZATIONAL STRUCTURES AND GOALS. THESE TYPICALLY INCLUDE:

NEEDS ASSESSMENT & STRATEGY DEVELOPMENT: THIS INITIAL PHASE INVOLVES ANALYZING YOUR WORKFORCE'S HEALTH DATA, CONDUCTING SURVEYS, AND INTERVIEWING EMPLOYEES TO PINPOINT KEY AREAS OF CONCERN AND OPPORTUNITY. THIS DATA-DRIVEN APPROACH ENSURES THAT SUBSEQUENT PROGRAMS ARE TARGETED AND EFFECTIVE.

WELLNESS PROGRAM DESIGN & IMPLEMENTATION: BASED ON THE ASSESSMENT, THE CONSULTANT DESIGNS AND IMPLEMENTS CUSTOMIZED WELLNESS PROGRAMS. THESE COULD RANGE FROM STRESS MANAGEMENT WORKSHOPS AND MINDFULNESS TRAINING TO ERGONOMIC ASSESSMENTS AND HEALTH SCREENINGS. THEY ALSO HANDLE THE LOGISTICS OF PROGRAM DELIVERY, ENSURING SMOOTH INTEGRATION INTO THE WORKPLACE.

HEALTH PROMOTION & EDUCATION: EFFECTIVE WELLNESS PROGRAMS GO BEYOND SIMPLY PROVIDING RESOURCES; THEY ACTIVELY PROMOTE HEALTHY BEHAVIORS THROUGH ENGAGING WORKSHOPS, EDUCATIONAL MATERIALS, AND ONGOING COMMUNICATION STRATEGIES. THIS PROACTIVE APPROACH ENCOURAGES LASTING LIFESTYLE CHANGES.

FITNESS & NUTRITION GUIDANCE: MANY CONSULTANTS OFFER DIRECT GUIDANCE ON FITNESS AND NUTRITION, EITHER THROUGH ON-SITE PROGRAMS OR BY CONNECTING EMPLOYEES WITH QUALIFIED PROFESSIONALS. THIS COULD INCLUDE PERSONALIZED FITNESS PLANS, NUTRITION COUNSELING, OR WEIGHT MANAGEMENT PROGRAMS.

MENTAL HEALTH SUPPORT & RESOURCES: RECOGNIZING THE INCREASING IMPORTANCE OF MENTAL WELL-BEING, MANY CORPORATE HEALTH AND WELLNESS CONSULTANTS OFFER PROGRAMS FOCUSED ON STRESS REDUCTION, MINDFULNESS, AND ACCESS TO MENTAL HEALTH PROFESSIONALS. THIS OFTEN INCLUDES PROVIDING RESOURCES AND SUPPORT FOR EMPLOYEES STRUGGLING WITH MENTAL HEALTH CHALLENGES.

DATA ANALYSIS & EVALUATION: SUCCESSFUL PROGRAMS REQUIRE ONGOING MONITORING AND EVALUATION. CONSULTANTS TRACK KEY METRICS, ANALYZE RESULTS, AND MAKE NECESSARY ADJUSTMENTS TO ENSURE PROGRAMS REMAIN EFFECTIVE AND MEET ORGANIZATIONAL GOALS. THIS DATA-DRIVEN APPROACH DEMONSTRATES ROI AND ENSURES CONTINUOUS IMPROVEMENT.

PROGRAM MANAGEMENT & COMMUNICATION: EFFECTIVE IMPLEMENTATION RELIES ON CLEAR COMMUNICATION AND PROACTIVE

PROGRAM MANAGEMENT. CONSULTANTS ARE RESPONSIBLE FOR COORDINATING ALL ASPECTS OF THE PROGRAM, COMMUNICATING UPDATES TO EMPLOYEES, AND ENSURING SMOOTH OPERATIONS.

THE BENEFITS OF HIRING A CORPORATE HEALTH AND WELLNESS CONSULTANT

INVESTING IN A CORPORATE HEALTH AND WELLNESS CONSULTANT OFFERS SIGNIFICANT RETURNS ON INVESTMENT, EXTENDING BEYOND IMPROVED EMPLOYEE WELL-BEING. THE KEY BENEFITS INCLUDE:

INCREASED PRODUCTIVITY & ENGAGEMENT: HEALTHIER, HAPPIER EMPLOYEES ARE MORE PRODUCTIVE AND ENGAGED. REDUCED ABSENTEEISM AND PRESENTEEISM (BEING PRESENT BUT UNPRODUCTIVE) DIRECTLY TRANSLATE TO INCREASED OUTPUT AND PROFITABILITY.

REDUCED HEALTHCARE COSTS: PROACTIVE WELLNESS PROGRAMS CAN HELP PREVENT HEALTH ISSUES, LEADING TO LOWER HEALTHCARE COSTS FOR BOTH THE COMPANY AND EMPLOYEES.

IMPROVED EMPLOYEE MORALE & RETENTION: A STRONG EMPHASIS ON WELL-BEING DEMONSTRATES CARE FOR EMPLOYEES, FOSTERING A POSITIVE WORK ENVIRONMENT AND INCREASING EMPLOYEE LOYALTY AND RETENTION.

ENHANCED COMPANY REPUTATION & BRAND IMAGE: COMPANIES PRIORITIZING EMPLOYEE WELL-BEING OFTEN ATTRACT AND RETAIN TOP TALENT, BOOSTING THEIR REPUTATION AS AN EMPLOYER OF CHOICE.

IMPROVED SAFETY CULTURE: WELLNESS PROGRAMS CAN HELP CREATE A CULTURE OF SAFETY BY PROMOTING HEALTHY HABITS AND ADDRESSING POTENTIAL RISK FACTORS.

STRONGER COMPANY CULTURE: A FOCUS ON EMPLOYEE WELL-BEING FOSTERS A MORE POSITIVE AND SUPPORTIVE COMPANY CULTURE, STRENGTHENING TEAM COHESION AND COLLABORATION.

FINDING THE RIGHT CORPORATE HEALTH AND WELLNESS CONSULTANT

CHOOSING THE RIGHT CORPORATE HEALTH AND WELLNESS CONSULTANT IS CRUCIAL. LOOK FOR PROFESSIONALS WITH PROVEN EXPERIENCE, RELEVANT CERTIFICATIONS, AND A STRONG TRACK RECORD OF SUCCESS. CONSIDER THE FOLLOWING FACTORS:

EXPERIENCE & QUALIFICATIONS: CHECK THEIR EXPERIENCE WORKING WITH COMPANIES OF SIMILAR SIZE AND INDUSTRY. LOOK FOR RELEVANT CERTIFICATIONS AND QUALIFICATIONS IN HEALTH AND WELLNESS, BUSINESS MANAGEMENT, AND RELEVANT FIELDS.

APPROACH & METHODOLOGY: ENSURE THEIR APPROACH ALIGNS WITH YOUR COMPANY'S CULTURE AND VALUES. A DATA-DRIVEN APPROACH WITH A FOCUS ON MEASURABLE RESULTS IS ESSENTIAL.

CLIENT TESTIMONIALS & CASE STUDIES: REVIEW TESTIMONIALS AND CASE STUDIES TO ASSESS THEIR PAST SUCCESSES AND UNDERSTAND THEIR WORKING STYLE.

COMMUNICATION & COLLABORATION: EFFECTIVE COMMUNICATION AND COLLABORATION ARE VITAL. CHOOSE A CONSULTANT WHO IS RESPONSIVE, PROACTIVE, AND WILLING TO WORK COLLABORATIVELY WITH YOUR TEAM.

CONCLUSION

INVESTING IN THE WELL-BEING OF YOUR EMPLOYEES IS NOT JUST A CHARITABLE ACT; IT'S A STRATEGIC BUSINESS DECISION. A CORPORATE HEALTH AND WELLNESS CONSULTANT CAN BE YOUR KEY PARTNER IN CREATING A HEALTHIER, HAPPIER, AND MORE PRODUCTIVE WORKFORCE. BY CAREFULLY CONSIDERING THEIR SERVICES, BENEFITS, AND SELECTING THE RIGHT PROFESSIONAL, YOUR ORGANIZATION CAN REAP SIGNIFICANT REWARDS IN TERMS OF EMPLOYEE ENGAGEMENT, REDUCED HEALTHCARE COSTS, AND A STRONGER BOTTOM LINE. REMEMBER, A THRIVING WORKFORCE IS A THRIVING BUSINESS.

FAQs

1. HOW MUCH DOES IT COST TO HIRE A CORPORATE HEALTH AND WELLNESS CONSULTANT? THE COST VARIES WIDELY DEPENDING ON THE CONSULTANT'S EXPERIENCE, THE SCOPE OF SERVICES, AND THE SIZE OF YOUR ORGANIZATION. EXPECT TO PAY ANYWHERE FROM A FEW THOUSAND DOLLARS TO TENS OF THOUSANDS OF DOLLARS ANNUALLY.
1. WHAT KIND OF DATA DO CONSULTANTS USE TO ASSESS EMPLOYEE WELL-BEING? CONSULTANTS TYPICALLY USE DATA FROM EMPLOYEE SURVEYS, HEALTH SCREENINGS, ABSENTEEISM RATES, PRODUCTIVITY METRICS, AND EMPLOYEE ASSISTANCE PROGRAM UTILIZATION.
1. HOW LONG DOES IT TAKE TO SEE RESULTS FROM A WELLNESS PROGRAM? THE TIMEFRAME FOR SEEING SIGNIFICANT RESULTS VARIES DEPENDING ON THE PROGRAM AND YOUR ORGANIZATION'S CONTEXT. SOME IMPROVEMENTS, SUCH AS INCREASED EMPLOYEE MORALE, MIGHT BE SEEN RELATIVELY QUICKLY, WHILE OTHERS, SUCH AS REDUCED HEALTHCARE COSTS, MAY TAKE LONGER.
1. WHAT IF MY EMPLOYEES DON'T PARTICIPATE IN THE WELLNESS PROGRAMS? ENGAGEMENT IS CRUCIAL, AND YOUR CONSULTANT SHOULD INCORPORATE STRATEGIES TO ENCOURAGE PARTICIPATION, SUCH AS INCENTIVES, COMMUNICATION, AND MAKING PROGRAMS ACCESSIBLE AND RELEVANT TO EMPLOYEES' NEEDS.
1. CAN A CONSULTANT HELP WITH SPECIFIC HEALTH CHALLENGES WITHIN MY WORKFORCE, LIKE HIGH BLOOD PRESSURE OR OBESITY? YES, A CONSULTANT CAN HELP DESIGN PROGRAMS TO ADDRESS SPECIFIC HEALTH CHALLENGES, OFTEN BY PARTNERING WITH HEALTHCARE PROFESSIONALS OR PROVIDING ACCESS TO RELEVANT RESOURCES AND SUPPORT.

Corporate health and wellness consultant: 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.

corporate health and wellness consultant: Consulting Success Michael Zipursky, 2018-10-16 How can you take your skills and expertise and package and present it to become a successful consultant? There are proven time-tested principles, strategies, tactics and best-practices the most successful consultants use to start, run and grow their consulting business. Consulting Success teaches you what they are. In this book you'll learn: - How to position yourself as a leading expert and authority in your marketplace - Effective marketing and branding materials that get the attention of your ideal clients - Strategies to increase your fees and earn more with every project - The proposal template that has generated millions of dollars in consulting engagements - How to develop a pipeline of business and attract ideal clients - Productivity secrets for consultants including how to get more done in one week than most people do in a month - And much, much more

corporate health and wellness consultant: *Natural Health and Wellness Manual* K. Akua Gray, 2016-03-15

corporate health and wellness consultant: *Wellness by Design* Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

corporate health and wellness consultant: *Massage MBA* Rachel Beider, 2021-01-11 Have you ever felt overwhelmed by everything that needs to get done? Are you confused on how to get started and what to work on first? Have you experienced huge fears that have held you back from making decisions? Have you felt spread too thin, working both IN your business and ON your business? Have you felt anxiety when thinking about the future of your practice? Rachel Beider experienced all of these - fear, anxiety, overwhelm, uncertainty, and failure - all while trying to build and grow a private massage therapy practice. Until something clicked. What happened next was nothing short of amazing. She learned by studying the pros, and built a multi-million dollar massage business. For anyone who is struggling with getting their business together, starting a new practice, or growing an existing one, Rachel's wisdom will help you with rock solid business practices, producing proven and measurable results. It's everything business-related you wish you learned in massage school but didn't.

corporate health and wellness consultant: *Workplace Wellness Programs Study* Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

corporate health and wellness consultant: *The Healthy Workplace* Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

corporate health and wellness consultant: *Workstation Design for Current Office Environments*, 1985

corporate health and wellness consultant: *Wellbeing at Work* Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

corporate health and wellness consultant: *The Employee Wellbeing Handbook: A Guide for Collaboration Across All Departments, Benefit Vendors, and Health Practitioners to Build a Culture of Wellbeing* Cassie Sobelton, 2019-08-29 Achieve New Business Growth with a Focus on Workplace Culture and Wellbeing Do you have a sneaking suspicion that your workplace culture, or the American workplace as a whole, could use some tweaking? Would you like to prioritize wellness in your organization without paying homage to (or worse, paying for) fluffy, unproven tactics that don't move you and your business forward? Are you a benefit broker or consultant who is left feeling vulnerable and in need of best-in-class strategies or initiatives? Or maybe you're a niche vendor in the wellness industry and need a more thorough understanding of the other players or ways to incorporate the various employee benefits your clients are utilizing. If you are expected to assist or even lead the health and wellbeing initiatives at your clients' organizations, or you are the go-to human resource employee for wellbeing at your organization, this book is a must-have for your office. Newsflash: Large corporations, such as Google or Apple, that effortlessly attract the best talent by prioritizing their employees' wellbeing don't have a secret unavailable to you! You can build a human resources strategy that places employee wellbeing first, thereby bringing in hardworking, highly qualified and healthy individuals to drive innovation at your organization. And

as a result, you can enjoy levels of employee development and business growth that you wouldn't have dreamed possible beforehand. All you need is a little help. Enter The Employee Wellbeing Handbook. Bestselling author Cassie Sobelton is a health and wellness expert who believes in a real world approach to Mind, Body, and Spirit balance. Where her first book (Back to Balance: Crack Your Mind, Body, Spirit Code to Transform Your Health) tackled individual health, this newest guide takes on the wellbeing of entire corporations. Whether you're in health and fitness, human resources, healthcare or insurance, or any other field that deals with the wellness of employees, this book is for you. In it, you'll learn: The philosophies and backgrounds that make up the current approach to wellness in the workplace How recent decades have changed the overall approach to workplace wellbeing The difference between culture, wellness and wellbeing - and why it's so important to be targeted in your word choice Why collaboration with others in the industry is critical to the health of America as a whole How to lead discussions about workplace wellbeing that generate actual results How to develop the right strategy for your workplace and design metrics to track your progress The not-so-secret secret for re-engaging employees in their jobs, driving business growth and doing right by your company Now before you hear wellness and start thinking meditation rooms or nap pods, know that we're not just talking about little fixes. Instead, Sobelton advocates culture shifts that affect organizations as a whole. If there were a Corporate Wellness Industry 101, this is the textbook the professor would use - which means if you're in the industry, you need it at your side today. Are you ready for the business growth coaching manual you've been waiting for? Do you want to prioritize holistic healing without fluff at your company? Would you like to use your medical expertise to instill good health principles in others? Don't wait. Buy NOW to understand the industry, gain influence and make the world a better place. Pick up your copy today by clicking the BUY NOW button at the top of this page!

corporate health and wellness consultant: *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

corporate health and wellness consultant: [Global Perspectives in Workplace Health Promotion](#) Wolf Kirsten, Robert Karch, 2012 Health Behavior, Education, & Promotion

corporate health and wellness consultant: [The Health Seeker's Handbook](#) Bob Merberg, 2003-10 In *The Health Seeker's Handbook*, health coach Bob Merberg shows readers how to kick the willpower habit and get fit, lose weight, or reduce stress, once and for all. With humor, real life stories, and a wealth of practical tips as well as profound insights, 'The Health Seeker's Handbook' integrates the essential elements for creating any long-lasting health change--whether physical, psychological, or spiritual. It recognizes that the key to success is not the strength of our willpower but the willingness to pay attention, to treat ourselves with kindness and caring, and to shed the self-limiting beliefs that block us from acting on our deepest attentions. -- Barbara Carlson, coauthor, *Taking Care of Me*

corporate health and wellness consultant: The Work Wellness Deck Landra Bickley Eliopoulos, 2021-08-31 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. BURNOUT IS COMMON: Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. PERFECT FOR COMPANIES: Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. LITTLE-PUBLISHED SLICE OF WELLNESS: Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

corporate health and wellness consultant: *Fatal Flaws of Employee Wellness Programs* Alison Brehme, 2019-10-22 Corporate wellness doesn't work. That's because most corporate wellness programs are suffering from one or more fatal flaws. That means that the goals of the program will always fall flat. And then the goals you have for your employees don't come to fruition - you'll either feel like your begging them to participate or that you're offering them benefits they don't want (and don't use)! Either way, it's a waste of time, money, and effort! Corporate wellness is more than benefits or perks. It's more than healthy snacks or gym discounts. And it certainly isn't One Size Fits All! Your organization is unique. This book shows you a customizable road map to guide you in creating a corporate wellness program that's right for your company, no matter its size. You will create clear goals, make decisions based on data, have fun when implementing the program, and remember to adjust as you go so you can improve your results. Alison Brehme brings an all-new approach to employee wellness that is easy to understand, implement, and get results. She's a Certified Corporate Wellness Consultant with over fifteen years' experience in corporate advertising so she's experienced first-hand workaholicism, chronic pain, and saw how burnout and stress took a toll on her own health as well as the health of her colleagues.

corporate health and wellness consultant: *Wellbeing: The Five Essential Elements* Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

corporate health and wellness consultant: *Occupational Health Services* Tee L. Guidotti, 2013 Workers and their families, employers, and society as a whole benefit when providers deliver the best quality of care to injured workers and when they know how to provide effective services for both prevention and fitness for duty and understand why, instead of just following regulations. Designed for professionals who deliver, manage, and hold oversight responsibility for occupational

health in an organization or in the community, Occupational Health Services guides the busy practitioner and clinic manager in setting up, running, and improving healthcare services for the prevention, diagnosis, treatment, and occupational management of work-related health issues. The text covers: an overview of occupational health care in the US and Canada: how it is organized, who pays for what, how it is regulated, and how workers' compensation works how occupational health services are managed in practice, whether within a company, as a global network, in a hospital or medical group practice, as a free-standing clinic, or following other models management of core services, including recordkeeping, marketing, service delivery options, staff recruitment and evaluation, and program evaluation depth and detail on specific services, including clinical service delivery for injured workers, periodic health surveillance, impairment assessment, fitness for duty, alcohol and drug testing, employee assistance, mental health, health promotion, emergency management, global health management, and medico-legal services. This highly focused and relevant combined handbook and textbook is aimed at improving the provision of care and health protection for workers and will be of use to both managers and health practitioners from a range of backgrounds, including but not limited to medicine, nursing, health services administration, and physical therapy.

corporate health and wellness consultant: The Five Archetypes Carey Davidson, 2020-04-07 Discover the personality archetypes within you and improve your life and relationships with a new self-guided system of personal transformation. In Traditional Chinese Medicine (TCM) philosophy, the elements Wood, Fire, Earth, Metal, and Water are the foundation of how nature grows and evolves. They are believed to help us understand everything from illness and healing to the fundamental processes of child development—and they continue to inform Chinese medicine practice today. But as Ayurvedic nutritionist, reiki master, and Tournesol founder Carey Davidson demonstrates in this book, each of the five elements can also be seen as a personality archetype—and inside all of us is a unique blend of these archetypes that serves as a window into living a more fulfilling life on every level. In *The Five Archetypes*, Davidson explains that by knowing the personality traits associated with each type and using what she calls the Five Archetypes method, you can actually start to predict your behavioral patterns—not only with yourself but also with your friends, your romantic partner, your children, and even your colleagues. By practicing this method, you will also: -Learn how to exercise more control over behaviors that thwart your potential -Hone your self-awareness and self-regulation skills in the face of day-to-day stress -And understand what really makes people tick, so that you spend less time in stagnant relationships and more time in gratifying ones Through her study of the elements and the observations she's made in her work with individuals, couples, companies, parents, kids, and educators, Davidson has created a simplified and practical guide to harnessing the strengths of our five archetypes. Complete with an assessment designed to help you discover your primary, secondary, and lowest types, *The Five Archetypes* will not only teach you more about yourself and others but also transform your relationships and set you on the path to personal and interpersonal harmony.

corporate health and wellness consultant: Cracking Health Costs Tom Emerick, Al Lewis, 2013-06-07 *Cracking Health Costs* reveals the best ways for companies and small businesses to fight back, right now, against rising health care costs. This book proposes multiple, practical steps that you can take to control costs and increase the effectiveness of the health benefit. The book is all about rolling back health care costs to save companies and employees money. Working hand-in-hand with their employees, businesses need to ensure that, whenever feasible, employees with the most expensive diagnoses get optimal treatment at hospitals not practicing "volume-driven" medicine for higher profits. Less than 10% of employees incur 80% of costs. About 20% of patients have been completely misdiagnosed, while many others are simply the victims of surgeons who are either practicing bad medicine or overtreating for profit. For example, some companies, such as Walmart and Lowe's, are turning to the "Centers of Excellence" approach author Tom Emerick helped to pioneer while running benefits for Walmart. By determining which hospitals are adopting the highest standards of care, benefits managers can reduce the number of unnecessary high-cost

surgeries and improve employees' overall health. The solution-based approach offered by the book is unique, because it can be implemented by businesses today.

corporate health and wellness consultant: Corporate Therapy And Consulting Len Sperry, 2013-10-28 Published in 1996, Corporate Therapy and Consulting is a valuable contribution to the field of Psychotherapy.

corporate health and wellness consultant: Are We There Yet? Marcie Anderson, 2017-01-03 While studying in India, the ancient spiritual knowledge revealed to me that everything in this creation is made up of and is under the control of The Five Elements. Countless ancient traditions and civilizations have pointed to the greatness, profundity, and perfection of nature. It was through the combination of my fire element, my passion, and my will power, as well as the meditation and purification practices given to me by my guru Kaleshwar that resulted in a silence and peace deep within me. I began to have experiences that grew quickly and did not leave me. They built themselves, one upon another, revealing to me that I had become reconnected and reintroduced to the peace and information inside of The Five Elements. When I was able to reconnect to this vast and powerful inner silence through The Five Elements and through the unbelievable patience and grace of my teacher, it felt like opening a vault with limitless amounts of energy and unconditional love. It was a process where layers and layers of doubt, fear, sadness, pain, anger, judgment, and confusion were removed. This process required a lot of journaling, meditation, and shedding of my ego and lots of waterproof mascara.

corporate health and wellness consultant: Living Well on the Road Linden Schaffer, 2017-03-16 Stressed out? Eating badly? Skipping the gym? Sleeping with your phone rather than your partner? Experiencing brain fog and lack of focus? Then this book is for you. Linden Schaffer was an overworked, stressed out, on-the-go professional who found time to refocus, recharge, and recommit to wellness on the road. Now she is sharing her secrets, identifying the obstacles that keep you from experiencing true wellness and, with scientifically backed-data, showing how you too can learn to embrace wellness. Learn what it feels like to recommit to the things that help us feel more energized, more focused, and more mindful of those activities in which we engage. Living Well on the Road helps readers to identify those areas of life that need recharging, and brings greater awareness to those in search of a way to find wellness, happiness, and overall well-being even as they move through their busy days. Whether on the road, in the office, or at home, any reader can find ways to dramatically improve their mental focus and physical wellness if they implement the ideas and advice found within these pages. In Living Well on the Road, readers will find: a practical real-world approach to understanding and managing your wellness a researched and scientifically investigated how-to manual that encourages a healthier way to manage your lifestyle personal accounts of how small changes can lead to major positive life changes easy to implement tactics proven to reduce stress and sick days increased productivity and creativity through refocused attention feel-good experiences that take 5-minutes and release the stress and tension of your workday from body and mind

corporate health and wellness consultant: Workplace Wellness that Works Laura Putnam, 2015-06-15 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.

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Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

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2021-06-10 The Wellness-Empowered Woman is part female empowerment, part professional development, and part health and wellness, as Passion Fit founder and CEO, Reena Vokoun, guides you through a journey to personal and professional success. After years attempting to balance marriage, work, and motherhood, while facing failures, burnout, and health issues, Reena came full circle to her passions. She describes her transformation as she reinvented herself professionally, while maintaining her personal authenticity. Her story and those of her clients show women how to embark on their own journeys of transformation, fulfillment, passion, and purpose. Through Reena's unique holistic approach to wellness, you'll discover: What it means to live a Passion Fit life Who you are and who you're meant to be Practices to incorporate in your daily life, based on Reena's experience as a first-generation-born, Indian-American woman Innovative tools for mental, physical, emotional, and spiritual wellbeing Health and wellness tips for you and your family By the end, you'll understand what it means to be a wellness-empowered woman, ready to pursue your passions, be fit, and live your best life personally and professionally.

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corporate health and wellness consultant: Mental Health and Wellbeing in the

Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are

experiencing challenges in promoting the mental health and wellbeing of their employees. *Mental Health & Wellbeing in the Workplace* contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments – providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues *Mental Health & Wellbeing in the Workplace* is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

corporate health and wellness consultant: *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.

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corporate health and wellness consultant: *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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corporate health and wellness consultant: 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.

corporate health and wellness consultant: Healthy Dynamic Living Wayne Coolidge, 2016-05-25 Healthy Dynamic Living: 21st Century Wellness with a Paleolithic Twist contains time honored secrets for achieving a Healthy Dynamic Living lifestyle. Healthier, stronger, longer is a motto that adeptly describes this books purpose of sharing the blueprint for a long, wellness-infused life. The living, eating, and movement patterns of our ancient ancestors provided the genetically engineered map of how we are supposed to live. Paleo peoples couldn't choose to frequent polluted environments, be sedentary, or consume refined sugars or unhealthy fats, even if they wanted to. As a result, we are not designed to tolerate those assaults on our bodies. For us, early in the 21st century, a lifestyle inconsistent with our genetic make-up has resulted in premature cellular aging that leads to all manner of diseases and disorders. Chronic disease was virtually unknown to our ancestors living before the agricultural revolution 10,000 years ago. Now it plagues us. The interaction between food and physical activity patterns was responsible for our ancestors' ability to evolve strong, healthy bodies with large, creative brains. Their environment was pure, and their lives were simple. Unfortunately, we have assumed lifestyles that are in direct conflict with our Paleolithic past. Don't despair, the fix is relatively easy and anybody can do it. This book explains the science behind ancestral health focused wellness while simultaneously providing practical information and tips to control aging and promote wellness.

corporate health and wellness consultant: 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. --

corporate health and wellness consultant: The White Coat Investor James M. Dahle, 2014-01 Written by a practicing emergency physician, The White Coat Investor is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals. Doctors are highly-educated and extensively trained at making difficult diagnoses and performing life saving procedures. However, they receive little to no training in business, personal finance, investing, insurance, taxes, estate planning, and asset protection. This book fills in the gaps and will teach you to use your high income to escape from your student loans, provide for your family, build wealth, and stop getting ripped off by unscrupulous financial professionals. Straight talk and clear explanations allow the book to be easily digested by a novice to the subject matter yet the book also contains advanced concepts specific to physicians you won't find in other financial books. This book will teach you how to: Graduate from medical school with as little debt as possible Escape from student loans within two to five years of residency graduation Purchase the right types and amounts of insurance Decide when to buy a house and how much to spend on it Learn to invest in a sensible, low-cost and effective manner with or without the assistance of an advisor Avoid investments which are designed to be sold, not bought Select advisors who give great service and advice at a fair price Become a millionaire within five to ten years of residency graduation Use a Backdoor Roth IRA and Stealth IRA to boost your retirement funds and decrease your taxes Protect your hard-won assets from professional and personal lawsuits Avoid estate taxes, avoid probate, and ensure your children and your money go where you want when you die Minimize your tax burden, keeping more of your hard-earned money Decide between an employee job and an independent contractor job Choose between sole proprietorship, Limited Liability Company, S Corporation, and C Corporation Take a look at the first pages of the book by clicking on the Look Inside feature Praise For The White Coat Investor Much of my financial planning practice is helping doctors to correct mistakes that reading this book would have avoided in the first place. - Allan S. Roth, MBA, CPA, CFP(R), Author of How a Second Grader Beats Wall Street Jim Dahle has done a lot of thinking about the peculiar financial problems facing physicians, and you, lucky reader, are about to reap the bounty of both his experience and his research. - William J. Bernstein, MD, Author of The Investor's Manifesto and seven other investing books This book should be in every career counselor's office and delivered with every medical degree. - Rick Van Ness, Author of Common Sense Investing The White Coat Investor provides an expert consult for your finances. I now feel confident I can be a millionaire at 40 without feeling like a jerk. - Joe Jones, DO Jim Dahle has done for physician financial illiteracy what penicillin did for neurosyphilis. - Dennis Bethel, MD An excellent practical personal finance guide for physicians in training and in practice from a non biased source we can actually trust. - Greg E Wilde, M.D Scroll up, click the buy button, and get started today!

corporate health and wellness consultant: Dispatcher Stress Adam Timm, Joe Serio, Joe Serio Ph D, 2015-08-15 Burnout is the state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It happens when you feel overwhelmed and unable to meet constant demands. You begin to feel like you have no real control over your job...or your life. Sound familiar? This is an all-too-common experience for dispatchers, but it doesn't have to be that way. In this book, Adam Timm, former LAPD dispatcher, and I outline ways you can turn your life around faster than you ever thought possible. When you put the tools and techniques from Dispatcher Stress in place,

you will: -Feel relief from tension, frustration, and insomnia -Be free to do the things you really want to do -Relax in the midst of the toughest challenges -Experience clarity and peace of mind again

corporate health and wellness consultant: Work Stronger Pete Leibman, 2018-07-31 As author and high performance coach Pete Leibman demonstrates in this eye-opening book, stronger hours (not longer hours) are the key to feeling and performing your best over the long term. Work Stronger provides a step-by-step, science-based approach for increasing your energy, decreasing your stress, and taking your performance to a higher level. This book also features practical tips and powerful insights from private interviews that Leibman conducted with more than twenty-five prominent leaders. The group includes Chip Bergh, the president and CEO of Levi Strauss & Co., Dick Costolo, the former CEO of Twitter, and Janine Allis, an investor on Shark Tank. You'll learn how to form stronger habits in four key areas (nutrition, exercise, focus, and renewal) that are highly correlated with greater health, well-being, and performance. You can also get a free assessment of your current habits, and you can download a free copy of The Work Stronger Workbook at WorkStronger.com.

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