

corporate health and wellness coaching

Corporate Health and Wellness Coaching: Investing in Your Employees' Well-being

Feeling overwhelmed by employee burnout? Struggling to boost productivity and morale? The answer might be closer than you think: corporate health and wellness coaching. This isn't just another trendy HR initiative; it's a strategic investment in your company's most valuable asset – your people. This comprehensive guide will delve into the world of corporate health and wellness coaching, exploring its benefits, implementation strategies, and how it can transform your workplace culture. We'll cover everything you need to know to determine if it's the right fit for your organization and how to successfully integrate it into your existing employee wellness programs.

Understanding Corporate Health and Wellness Coaching

Corporate health and wellness coaching provides personalized support to employees, helping them improve their physical, mental, and emotional well-being. Unlike generic wellness programs, coaching offers a tailored approach, focusing on individual goals and challenges. This personalized attention fosters a stronger sense of ownership and commitment, leading to lasting behavioral changes. Think of it as a proactive approach to employee health, addressing issues before they escalate into serious problems that impact productivity and overall company performance.

Key Benefits of Corporate Health and Wellness Coaching

The benefits extend far beyond simply improving employee health; they significantly impact the bottom line. Here's how:

Increased Productivity and Engagement: Healthier employees are more productive and engaged. Coaching helps employees manage stress, improve focus, and increase energy levels, leading to a noticeable boost in output and overall contribution.

Reduced Absenteeism and Presenteeism: By addressing health concerns proactively, coaching can significantly reduce sick days and the detrimental effects of "presenteeism" (being at work but not fully productive due to illness or stress). This translates to direct cost savings for the company.

Improved Employee Morale and Retention: Investing in employee well-being demonstrates genuine care and concern, boosting morale and fostering a positive work environment. This, in turn, leads to higher employee retention rates, reducing costly recruitment and training expenses.

Enhanced Company Culture and Reputation: A commitment to employee well-being strengthens your company culture and enhances your reputation as an employer of choice. This can attract top talent and improve your brand image.

Reduced Healthcare Costs: While the initial investment in coaching might seem significant, the long-term benefits can lead to substantial reductions in healthcare costs associated with chronic illnesses and stress-related conditions.

Implementing a Successful Corporate Health and Wellness Coaching Program

Successfully implementing a corporate health and wellness coaching program requires careful planning and execution. Here are key considerations:

Define Clear Objectives and Metrics: Before launching the program, establish clear objectives, such as reducing absenteeism by a certain percentage or improving employee satisfaction scores. Track key metrics to measure the program's effectiveness.

Choose the Right Coaching Provider: Select a reputable provider with experience in corporate wellness and a proven track record of success. Look for coaches with relevant certifications and a strong understanding of workplace dynamics.

Promote the Program Effectively: Communicate the benefits of the program clearly and concisely to all employees. Highlight the value proposition and encourage participation.

Provide Ongoing Support and Resources: Ensure employees have access to the resources they need to succeed, including ongoing support from their coaches and access to additional wellness resources.

Measure and Evaluate Results: Regularly monitor the program's progress and evaluate its effectiveness against pre-defined objectives. Use the data gathered to make adjustments and optimize the program over time.

Types of Corporate Health and Wellness Coaching

The scope of corporate wellness coaching can vary, offering different specializations to address specific needs:

Stress Management Coaching: Focuses on equipping employees with techniques to manage stress, anxiety, and burnout.

Nutrition and Fitness Coaching: Guides employees towards healthier lifestyle choices, including nutrition

and exercise.

Work-Life Balance Coaching: Helps employees find a healthy balance between their work and personal lives, minimizing conflict and improving overall well-being.

Mental Health Coaching: Provides support for employees struggling with mental health challenges, offering coping mechanisms and referrals to professionals as needed.

Choosing the Right Coaching Model for Your Organization

Several coaching models can be implemented depending on your organization's size, budget, and specific needs:

Group Coaching: Cost-effective and offers a supportive group environment.

Individual Coaching: Provides personalized attention and more in-depth support.

Hybrid Model: Combines group and individual coaching to maximize benefits.

Careful consideration of your specific needs and employee demographics will determine the optimal approach.

Integrating Corporate Health and Wellness Coaching into Your Existing Wellness Programs

Corporate health and wellness coaching isn't a standalone solution; it's most effective when integrated into a broader employee wellness strategy. Consider how coaching can complement existing programs, enhancing their impact and creating a holistic approach to employee well-being. This integration fosters a cohesive and supportive environment, maximizing the overall benefit of your wellness initiatives.

Conclusion

Investing in corporate health and wellness coaching is not just a trend; it's a strategic imperative for organizations that value their employees. By prioritizing employee well-being, companies can unlock significant benefits, including increased productivity, reduced healthcare costs, and a stronger, more engaged workforce. The positive ripple effects extend throughout the organization, creating a culture of health, happiness, and sustained success. Take the first step toward a healthier, happier, and more productive workplace – explore the potential of corporate health and wellness coaching today.

FAQs

1. How much does corporate health and wellness coaching cost? The cost varies depending on factors like the number of employees, the type of coaching (individual vs. group), and the duration of the program. Request quotes from several providers to compare pricing.
1. How do I measure the ROI of corporate health and wellness coaching? Track key metrics before, during, and after implementing the program. This might include absenteeism rates, employee satisfaction scores, productivity levels, and healthcare costs.
1. What if my employees are hesitant to participate? Promote the program effectively, highlighting the benefits and addressing any concerns. Offer flexible options and ensure confidentiality to encourage participation.
1. How long does it take to see results from corporate health and wellness coaching? Results can vary, but many companies see improvements in employee well-being and productivity within a few months. Consistent participation and ongoing support are key to long-term success.
1. What if my company is small? Is corporate health and wellness coaching still relevant? Absolutely! Even small businesses can benefit from corporate health and wellness coaching. Tailored programs can be designed to fit your specific needs and budget.

corporate health and wellness coaching: 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.

corporate health and wellness coaching: *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 coach's 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.

corporate health and wellness coaching: 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.

corporate health and wellness coaching: 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.

corporate health and wellness coaching: 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.

corporate health and wellness coaching: 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 coaching: ACSM Certified Personal Trainer Exam Prep Ascencia, 2020-08-12

corporate health and wellness coaching: Wellpreneur Amanda Cook, 2017-02-23 Why do some wellness entrepreneurs find freedom, flexibility and a healthy income online - while others get stuck spinning their wheels, never finding clients or making sales? It's not about who has the best website, or who spends more time on social media. The secret is in the system. Wellpreneurs who find clients online have a system in place that failing wellpreneurs don't. This system brings more of

the right people to your website, and turns them into paying clients. It's this proven, step-by-step system you'll learn in this book. Wellpreneur is a guide to nailing your niche and finding more clients online, written just for wellness entrepreneurs. If you're a health coach, yoga teacher, personal trainer, nutritionist or other wellness professional, you'll: Get total clarity on your target market, so you know exactly who you're serving (and why). Learn the proven five-step Organic Growth System to attract ideal prospects to your website and turn them into paying clients. Peek inside the businesses of successful wellpreneurs, to learn how they grew profitable wellness businesses online. Streamline your online marketing, so you can spend less time marketing, and more time doing work you love!

corporate health and wellness coaching: Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, Building a Wellness Business That Lasts is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

corporate health and wellness coaching: *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.

corporate health and wellness coaching: *Life Coaching* Michael Neenan, Windy Dryden, 2013-06-26 The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. The first edition of *Life Coaching* successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on: Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Persisting at problem solving Handling criticism constructively Taking risks and making better decisions. The new edition retains the key features, while offering a brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in practice and training.

corporate health and wellness coaching: 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 coaching: *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 coaching: 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.

corporate health and wellness coaching: The 22 Non-Negotiable Laws of Wellness Greg Anderson, 2012-10-30 Everything we think, say, feel, and do has a direct impact on our physical and emotional health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocates a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit. These twenty-two keys provide the definitive toolkit for achieving your own high-level wellness.

corporate health and wellness coaching: 52 Simple Ways to Health Carol A. Phillips, 2014-10-30 Readers who want to make healthy lifestyle changes, without turning their lives upside down, have come to the right place. 52 Simple Ways to Health offers manageable steps to help you become healthier and happier. Don't miss out on this gem. -Jack Canfield, co-author of the Chicken Soup for the Soul series

corporate health and wellness coaching: Systematic Reviews University of York. Centre for Reviews and Dissemination, 2009

corporate health and wellness coaching: Workplace Health Promotion, 2nd edition Danijela Gasevic, Leah Okenwa-Emegwa, 2023-01-09 Work-related factors have implications for health and wellbeing. Due to the amount of time spent at the workplace and the impact of work on health over an individual's life course, the workplace has evolved as an important arena for population health promotion. Risk factors within the physical and psychosocial working environment, as well as inadequate organizational support, are associated with increasing work-related health problems, which result in psychosocial and economic implications for the individual, the family, the organization and the society. Recent estimates revealed an increasing level of sickness absence due to work related factors, among others. In recognition of the importance of worker health and a healthy working life, but also in line with numerous occupational health goals, many organisations set aside significant amounts of financial resources annually to promote work well-being. However, studies have shown that despite this positive disposition among employers, both employee participation and the impact of such programs remain minimal. According to the Ottawa declaration for health promotion and the Luxembourg declaration for Workplace Health Promotion (WHP), WHP should be strategic. It is recommended that WHP be conducted in a systematic and continuous process of needs analysis, priority setting, planning, implementation and evaluation. Unfortunately, available studies show that many companies have policies currently in place but lack knowledge regarding proper implementation and evaluation. The foregoing phenomenon raises questions regarding the level of knowledge of and attitudes towards WHP among people in management positions. This Research Topic aims to address factors affecting workplace health promotion. - What does WHP mean for employers? - What forms of WHP packages exist? - Is there evaluation and follow up of such interventions? - What are the barriers and facilitators relating to the uptake of WHP interventions among employees? - Do people in relevant managerial positions possess adequate knowledge regarding WHP? Manuscripts that explore factors crucial for WHP, including individual and organizational level factors, crucial for WHP are welcomed. Manuscripts on barriers, evidence-based interventions, best practices, analysis of existing policy documents and those with a life course perspective etc. are also welcomed. Manuscripts can be of national, international and global perspectives.

corporate health and wellness coaching: CLEAN 7 Alejandro Junger, 2019-12-03 The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or

irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean 7*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean 7* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on everything from prepping your kitchen to prepping your mind, *Clean 7* revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, *Clean 7* is the answer. Discover what it truly means to be healthy.

corporate health and wellness coaching: *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.

corporate health and wellness coaching: Law for Fitness Managers and Exercise Professionals Barbara Zabawa, Paul Fenaroli, JoAnn Eickhoff-Shemek, 2020-10-16 PROTECT YOURSELF, YOUR BUSINESS, AND YOUR CLIENTS! This ground-breaking, comprehensive textbook is the go-to resource for fitness managers and exercise professionals. Specifically written for a lay audience, this textbook is designed to help fitness managers and exercise professionals comply with the law, enhance fitness safety, and advance the exercise profession by describing: WHAT laws do fitness managers and exercise professionals need to know? WHY do fitness managers and exercise professionals need to know the laws? HOW do fitness managers and exercise professionals apply the laws? Learn from over 110 lawsuits that occurred in fitness facilities and programs. CONTENTS: PART I:OVERVIEW OF THE LAW, LEGAL LIABILITY, AND RISK MANAGEMENT Chapter 1:U.S. Law and Legal System Chapter 2:Creating a Safety Culture: Building a Comprehensive Risk Management Plan Chapter 3:Complying with Federal Laws: Honoring Legal Rights Chapter 4 :Negligence and Common Defenses to Negligence PART II:LEGAL LIABILITY EXPOSURES AND RISK MANAGEMENT STRATEGIES Chapter 5:Hiring Credentialed and Competent Personnel Chapter 6:Pre-Activity Health Screening and Fitness Testing Chapter 7:Exercise Prescription and Scope of Practice Chapter 8:Instruction and Supervision Chapter 9:Exercise Equipment Safety Chapter 10:Managing Facility Risks Chapter 11:Emergency Planning and Response SPECIAL FEATURES: Special features designed to enrich learning experiences and outcomes include: Descriptions of 30 spotlight legal cases including lessons learned from each case and over 80 additional cases Descriptions of effective risk management strategies to help protect fitness managers/exercise professionals and their organizations from legal liability In addition to negligence, liability issues addressing technological applications (e.g., virtual exercise, data privacy and biometric data/wearable technology), working with and/or partnering with the healthcare industry, and discrimination (e.g., disability, sexual harassment) Over 100 key points, tables, figures, and exhibits Numerous sample forms and documents Legal and risk management resources For textbook-related resources and educational courses, go to the publisher's website: www.fitnesslawacademy.com. WRITTEN FOR: Fitness managers and directors, assistant managers/directors, and program coordinators employed in settings such as: Corporate -- Employer-sponsored Fitness/Wellness College/University -- Campus Recreation, Athletic Strength/Conditioning Commercial, for-profit -- Health Clubs, Resorts, Fitness Studios, Sport Performance Centers Community, non-profit -- YMCA, JCC Government -- Military, Firefighters/Police, City/County Recreation Hospitals/Medical Clinics -- Cardiac Rehab, Hospital-Based Fitness/Wellness Retirement Centers -- 55+ Communities, Independent Living Exercise professionals: Exercise physiologists, clinical exercise physiologists Personal fitness trainers Group exercise leaders Strength and conditioning coaches Fitness/wellness and health coaches Youth fitness instructors Leaders of first responder/military fitness programs Healthcare providers involved with the fitness industry: Physicians Physical therapists Dietitians Athletic trainers Legal and insurance experts involved with the fitness industry

corporate health and wellness coaching: **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 coaching: 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 coaching: Think Like a Monk Jay Shetty, 2020-09-08 Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you’ll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can’t find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk’s path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world’s largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world’s most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world’s #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

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While physical therapy was helpful, she had to seek alternative treatment to regain full use of her knee. In the course of seeking answers to her health challenges, she discovered the power of mindful living and became a conscious consumer. Whether you like mainstream, alternative, or integrative medicine as your solution for health and well-being, be conscious of the choices you make, because they matter. #cfs #chronicfatigue #chronicillness #booksonhealth #M.E. #booksonfatigue #booksonchronicfatigue #howtogetmoreenergy #adrenalinsufficiency #burnout #trauma #energy #moreenergy #theoriesofcfs #theoriesofchronicfatigue #howtoimprovenenergylevels

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corporate health and wellness coaching: How to Incorporate Wellness Coaching into Your Therapeutic Practice Laurel Alexander, 2011-08-15 Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

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unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has radioactive charisma' RUSSELL BRAND

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in small, midsized, and larger employers that are comprehensive and fiscally sound. Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process. Health problems are estimated to cost employers in the United States over \$200 billion per year through medical costs, absenteeism, disability, and overall reduced productivity. Improving well-being through effective workplace health promotion programs can reduce this cost—and create healthier, happier workforces. Discover the design, implementation, and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence-based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs, including health policies, health insurance design, worker safety, employee behavior, etc. Learn how together employers and employees work to create a culture of health and well-being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery, development, and execution of successful employee health initiatives.

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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!

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