

**Wellness
Coaches USA**

Improving health in the workplace...face to face

Occupational Athlete Coaching

Improving Worker Readiness One Athlete at a Time



Kristina Corbett
National Director
Occ. Health & Safety

A Word About Us



Company founded in 2002

Largest "Onsite" Wellness Coaching provider

≈450 Client Locations

≈150 Coaches

Service employers of all sizes and business sectors


35+ states and Puerto Rico

Bloomberg

NewYork-Presbyterian

tyco

 **Microsoft**

 Community Hospital of the Monterey Peninsula®

ExxonMobil

 **Independence Blue Cross**

 **HackensackUMC**

 **DU PONT**
The miracles of science™

 **Horizon**

 **MERCK**
Be well

 **COVIDIEN**

PENSKE

 **FedEx**
Ground

AstraZeneca 



Wellness – *Provide counsel on how to improve personal health and fitness based on the concept that fit, healthy workers are safer workers, and are more ready to perform work.*

- Weight Management
- Exercise and Conditioning
- Stress Management
- Tobacco Cessation
- Nutrition
- Sleep
- Etc.



Obesity Epidemic



Exercise



Sleep



Nutrition



Stress



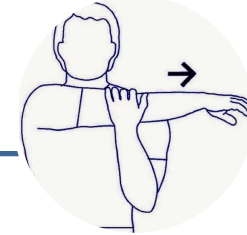
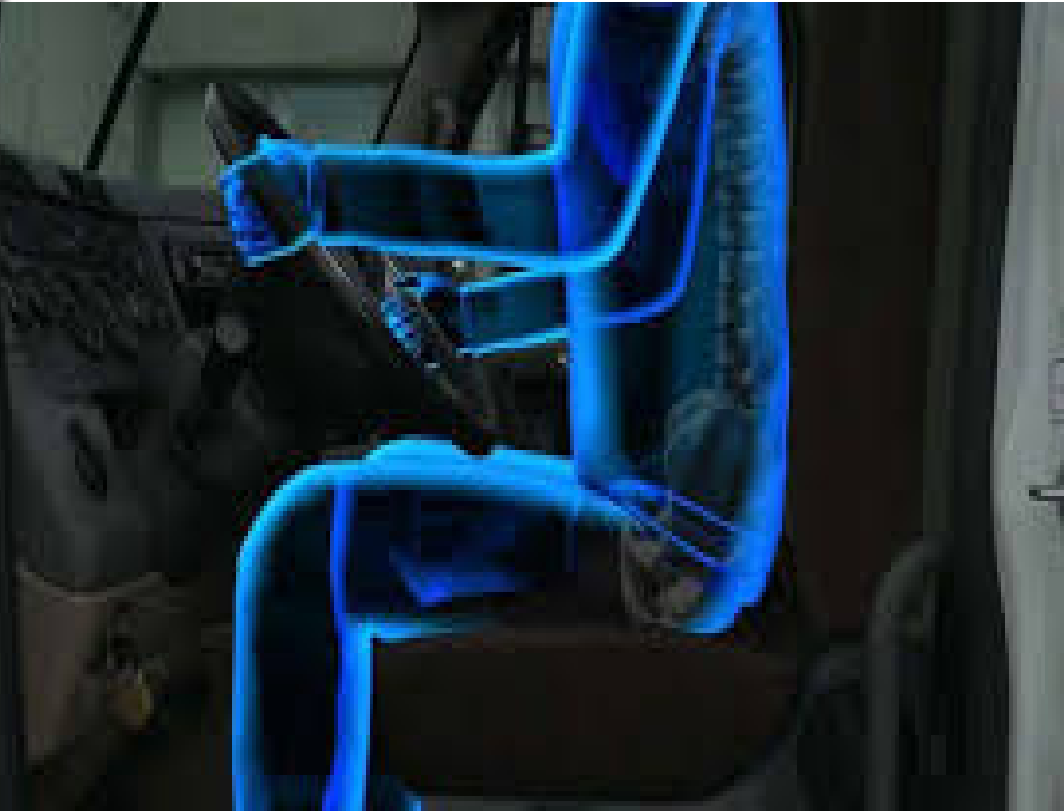
Body Mechanics - *Educate on the fundamentals of proper body mechanics as related to safe work performance.*

- Anatomy & Biomechanics
- Postural Alignment
- Common Injuries & Management
- Strength & Flexibility



Injury Prevention

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Stretch



Movement



Posture

Stretch/Flexibility





Mindfulness - Reinforce work readiness, maintaining focus and awareness during the work, and using the correct body mechanics.

- **Everyday Mindfulness** - practice mindfulness on a daily basis as it relates to wellness and injury prevention
- **Body Mindfulness** – to be attentive to how the body feels while driving and or performing routine tasks





Mindfulness is...

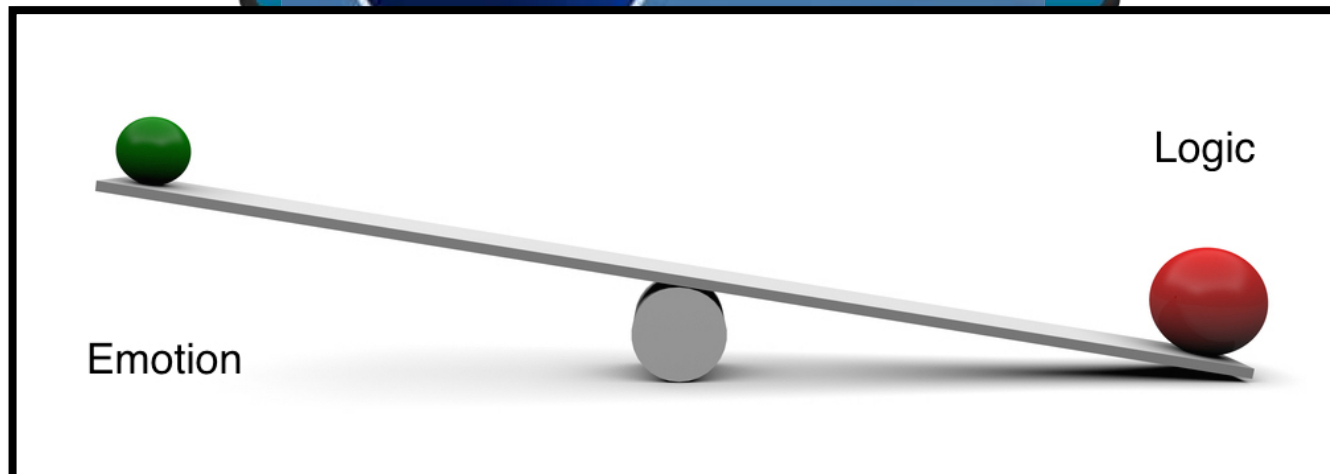
- Keeping one's complete **attention** to the **experience** on a moment-to-moment basis.
- The **awareness** that emerges through paying attention on **purpose** in the present moment.

Teaching Mindfulness

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- Uses your **senses** to stay in the **present**
- **Releases** thoughts and **judgments** of past or future
 - “Why” and
- Uses **acceptance** of mind
 - “It is what it is”
 - Sticking to



Putting it into Practice

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Identify Auto-Pilot

Think About the Task

Is This The Best Way?

Implement Strategy

Practice Mindfulness



Not Just Set and Forget

- Obtain **Voice of the Customer**
- Adjust to the current environment
- Align training to current data



Frequent feedback from the organization and employees is obtained. The program is adjusted to achieve maximum results.

Occ. Athlete Program Results

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- 95% reported they were comfortable with discussing with the Coach non work related underlying health concerns that could impact work.
- 84% made positive health changes as a result of coaching.
 - exercise, flexibility, nutrition, conditioning
- 96% reported a better understanding of how overall health positively impacts activities inside and outside of work.

Employees made the connection between wellness and injury prevention.

Occ. Athlete Program Results



2015 Outstanding Participation

- >41,000 interactions
 - 25,000 group interactions (wellness, injury prevention, and mindfulness)
 - 16,000 wellness or musculoskeletal one-on-one interactions
- 99% participation
- 80% of participants working 1:1 with Coach with ~5 interactions

Reported Health Improvement (Worker Readiness)

- 589 employees improved blood pressure
- 625 employees increased exercise
- 453 employees have reported a reduction in stress
- 290 employees lost weight (105 EE's losing 10+ lbs.)

Employees are taking action to improve overall wellness and reduce injury risk.

Questions?



Kristina Corbett
National Director
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Kcorbett@wcusa.com

215.820.5319

www.wellnesscoachesusa.com