Occupational Athlete Coaching
Improving Worker Readiness One Athlete at a Time

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Wellness Coaches USA
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

Logos of various companies and organizations, including Microsoft, Bloomberg, ExxonMobil, Community Hospital of the Monterey Peninsula, and others.
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
Coach on Body Mechanics

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

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

- Uses your **senses** to stay in the **present**
- **Releases** thoughts and **judgments** of past or future
  - “Why” and “What If”
- Uses **acceptance** to reach a rational state of mind
  - “It is what it is”
  - Sticking to the facts
Putting it into Practice

1. Identify Auto-Pilot
2. Think About the Task
3. Is This The Best Way?
4. Implement Strategy
5. *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.
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.
Employees are taking action to improve overall wellness and reduce injury risk.

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.)
Questions?

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