



ERIN CLIFFORD
WELLNESS COACHING

Six-Month Programs for Corporations

Health care costs are skyrocketing as rates of chronic diseases continue to rise. 80% of these chronic diseases are completely preventable with healthy food and lifestyle choices. Specifically, nearly 70% of health care costs are due to preventable conditions. Further, the World Health Organization (WHO) estimates that stress alone costs American business \$300 billion each year.

When you take steps to address these lifestyle factors you are taking action to increase productivity in the work place, decrease absenteeism and reduce healthcare and medical costs.

Erin Clifford Wellness personalizes in holistic lifestyle programming based on each corporation's and employee's unique lifestyle needs. It is not just the foods that we take in, but all the other factors present in our daily lives, such as regular physical activity, sleep, stress management, mindfulness, healthy relationships and a fulfilling career. Erin Clifford will support your firm in achieving all of its health and lifestyle goals.

1

Diamond

Pre-Launch Services

- Cultural Audit of Corporation
- Employee Intake Form and Interest Survey
- Review of Employees' Intake Materials
- In-person or Virtual Program Overview Meeting with Employees
- Individual Employee Health Consult

Program Components

- Monthly Employee Coaching Session
- Monthly Employee Email Check-in and Progress Log Review
- Individualized Employee Lifestyle Plan
- Customized Monthly Onsite or Virtual 60 Minute Workshop (featuring programs on diet, fitness, stress management, mindfulness and lifestyle topics)
- Monthly Educational Handout
- Monthly Team Challenge and Employee Review

Additional Support

- Lead 10-Day Rest/Detox Program (including onsite or virtual workshop, daily employee email check-in and educational handout)
- Group Cooking Class with Private Chef
- Swag Bag every other month (featuring my top healthy products and brands)
- Monthly Healthy Snack Basket Delivery
- Quarterly Newsletter (featuring the latest research, lifestyle tips and recipes)
- Access to my Weekly Blogs and Online Community with the latest health tips and recipes

2

Platinum

Pre-Launch Services

- Cultural Audit of Corporation
- Employee Intake Form and Interest Survey
- Review of Employees' Intake Materials
- In-person or Virtual Program Overview Meeting with Employees

Program Components

- Initial and Follow-up Employee Coaching Session
- Monthly Employee Email Check-in and Progress Log Review
- Individualized Employee Lifestyle Plan
- Customized Monthly Onsite or Virtual 60 Minute Workshop (featuring programs on diet, fitness, stress management, mindfulness and lifestyle topics)
- Monthly Educational Handout
- Monthly Team Challenge and Employee Review

Additional Support

- 10 Day Rest/Detox (including educational handout and employee email check-in)
- Swag Bag (featuring my top healthy products and brands)
- Monthly Healthy Snack Basket Delivery
- Quarterly Newsletter (featuring the latest research, lifestyle tips and recipes)
- Access to my Weekly Blogs and Online Community with the latest health tips and recipes

3

Gold

Pre-Launch Services

- Cultural Audit of Corporation
- Employee Intake Form and Interest Survey
- Review of Employees' Intake Materials
- In-person or Virtual Program Overview Meeting with Employees

Program Components

- Customized Monthly Onsite or Virtual 60 Minute Workshop (featuring programs on diet, fitness, stress management, mindfulness and lifestyle topics)
- Monthly Educational Handout
- Monthly Team Challenge and Employee Review

Additional Support

- Bi-Monthly Emails (focusing on our monthly programming with lifestyle tips and support)
- Healthy Snack Basket Delivery Every Other Month
- Quarterly Newsletter (featuring the latest research, lifestyle tips and recipes)
- Access to my Weekly Blogs and Online Community with the latest health tips and recipes

In addition to the 6-Month Programs, Erin Clifford offers a 3-Month Workshop Series and additional workshops, featuring topics such as Whole Food Eating, Fitness for Life, Spring Cleanse, New Year's Resolutions and Realistic Goal Setting, Sugar Blues and Reducing Cravings, Eating for Energy, Reduce Stress and Have Balance, Weight Management and Self-Image, Healthy Snacking and Eating on the Run, Healthy Families and Healthy Kids, Surviving the Holidays, and Work Life Balance, as well as Customized Programs. Workshops include an Educational Handout and Healthy Snack Basket.