



ERIN CLIFFORD
WELLNESS COACHING

3-Month Workshop Series 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 of 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 corporation in achieving all of its health and lifestyle goals.

3-Month Packages

1

Diamond

Pre-Launch Services

- Cultural Audit of Corporation
- Employee Intake Form and Review

Program Components

- Monthly Employee Coaching Sessions
- Monthly Employee Email Check-ins and Progress Log Review
- Individualized Employee Lifestyle Plan
- 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

- Monthly Healthy Snack Basket
- Monthly Accountability Email (focusing on our monthly programming with lifestyle tips and support)
- Employee Swag Bag (featuring Erin's favorite health products)
- 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 Review

Program Components

- Employee Coaching Session
- Monthly Employee Email Check-in and Progress Log Review
- 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

- Monthly Healthy Snack Basket
- Monthly Accountability Email (focusing on our monthly programming with lifestyle tips and support)
- Employee Swag Bag (featuring Erin's favorite health products)
- 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)



Gold

Pre-Launch Services

- Cultural Audit of Corporation
- Employee Intake Form and Review

Program Components

- 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

- Monthly Healthy Snack Basket
- Monthly Accountability Email (focusing on our monthly programming with lifestyle tips and support)
- 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 3-Month Workshop Series, Erin offers 6-Month Programs for Corporations 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.