

A person wearing a helmet and a backpack is riding a bicycle away from the camera on a wide, gravelly dirt trail. The trail is flanked by dry, scrubby bushes and trees. In the background, there are rolling hills and a clear blue sky with scattered white clouds. A semi-transparent blue rectangular box is overlaid on the middle of the image, containing white text.

TO A YEAR
FILLED WITH
HEALTH AND
HAPPINESS.



THE WELLNESS WORKSHOP IS DEAD.

Your employees don't want to attend another Zoom Meeting. They don't want an in-person lecture on how to move more, eat more veggies, or get five more tips on how to help lower their stress -- or cholesterol.

It's time to turn the wellness workshop on it's head.

Research shows the best way to boost your health and wellbeing (as well as your employee engagement and productivity) is to focus on promoting friendships, mindfulness, and new life-giving experiences that ignite happiness and awe. Preferably in nature.

MEET THE FOUNDER

Brianna (Bri) Harrington is a Certified Health and Illness Coach, Personal Coach, wellness educator, and consultant.

She is also a certified yoga instructor, meditation coach, and holds a Lifestyle Medicine Coaching Certificate from the American College of Lifestyle Medicine (ACLM), and a plant-based nutrition certificate from Cornell University.

In her free time, she loves spending as much time as possible in the great outdoors: hiking, biking, kayaking, traveling to new places, sharing tasty (often veganish) meals with friends and family, perfecting her watercolor technique, and caring for numerous house plants.



BRIANNA HARRINGTON
AKA: WELLCOACH BRI

WELLCOACH BRI

Helping you and your team thrive.

I work with organizations, leadership teams, and individuals to provide a curated selection of tactile, transformational activities and excursions that promote healthy mental and physical habits to re-ignite your team.

My clients are professionals in the fields of marketing/advertising, edtech, finance/accounting, healthcare, nonprofits, government agencies, education, and retail.

THE WELLNESS DILEMMA

EMPLOYEES ARE AT A BREAKING POINT.

- "83% of US workers suffer from work-related stress, with 25% saying their job is the number one stressor in their lives."
- "About one million Americans miss work each day because of stress."
- "More than 50% of workers are not engaged at work as a result of stress, leading to a loss of productivity."
- "Stress not only affects a person's mental health. It also takes a physical toll on the body. Inflammatory hormones are released when a person is stressed. This increases cardiovascular and cancer risk, among other issues. As a result, stress results in "accidents, absenteeism, employee turnover, diminished productivity, and direct medical, legal, and insurance costs" that cost the United States \$300 billion every year."

WHO'S RESPONSIBLE?

Employers already have so much on their plate. Is it really their responsibility to support the wellness of their employees? Who know?! Yet, if you're looking to have happy, healthy, productive and financial successful organization...

IT JUST MAKES CENTS.

Dollars and cents that is. (Har, har, har.)

- "Depression-induced absenteeism costs US businesses \$51 billion a year, as well as an additional \$26 billion in treatment costs."
 - "Companies spend around 75% of a worker's annual salary to cover lost productivity or to replace workers."
 - "The Rand Corp., a nonprofit research institute, examined 10-year data from a Fortune 100 employer. They found a ROI of \$1.50 for every dollar that the employer invested in the entire wellness program. Researchers did not take into account an additional productivity benefit from the lifestyle management component, which is commonly excluded from ROI analyses of wellness programs—it could be called "the Employee Positivity Factor."
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WHAT'S THE SOLUTION?

Stress is not the issue. It's how it's carried.

Wellness programs that incorporate the key tools needed to support sustainable habit change while nurturing curiosity and connection.



WHAT WE DO:

1

I offer a self-assessment with personalized report to give each employee a gut-check on what's going well, and tips on how to improve their wellbeing.

Aggregate Reports and WellHabit Recommendations serve as a snapshot of your organizations wellbeing and can help to steer wellness activities.

2

I offer wellness activities and excursions to help activate employee health and happiness.

These tactile, interactive -- and just plain fun-- programs support lasting habit shifts.

3

I offer one-on-one wellness coaching for anyone dedicated to making a lifestyle change regarding their personal health or wellbeing.

Coaching can be subsidized by organizations so individuals can focus on specific wellness goals .

THE ASSESSMENT

The best way to successfully shift a habit is to focus on what you're already doing well in. The second is to make small sustainable changes.

Our resilience assessment helps employees identify their areas of

strength and then provides a personalized report with tips to amplify their wellbeing.

Research shows when you improve in one area of health-- other areas naturally follow. Building momentum is key.

The aggregate report and IllHabit Recommendations allows organizations to identify additional areas of support for their employees.

It also serves as a way to measure the impact the wellness program had on employees wellbeing.

WHAT THEY SAY

"Insightful and well presented."

— BAILEY R. | VP OF INTERNATIONAL BUSINESS RELATIONS, KUDER INC.

"Bri led a One Hour Illness Retreat for us at Cargill and it was absolutely wonderful. I walked away with information on how to incorporate healthy habits and wellness into our daily routine, and taught us mindfulness and relaxation techniques that can be done any time and anywhere in the work day. Everyone came away from the session more relaxed and rejuvenated."

— SUSAN M. | CARGILL

"You were our team's favorite part of the two-day meetings. Great information and practical methods for them to put to use."

— CAMI D. | VP OF CORPORATE COMPLIANCE & ETHICS AND LEADERSHIP DEVELOPMENT, ST. FRANCIS HEALTH SERVICES

"Bri was an engaging presenter who left me feeling motivated, renewed, and empowered."

— EMMA B. | SCC CENTER FOR BUSINESS & INDUSTRY

HEALTH PROMOTING ACTIVITIES & EXCURSIONS



TAKE A HIKE

How to take a therapeutic walk to refresh your body and soul.

TAKEAWAYS:

Practice mindful walking and forest bathing

BENEFITS:

Improve mood & happiness
Reduce stress
Improve quality of sleep
Boost creativity



WATERCOLOR FOR NEWBIES.

How to practice a growth mindset and manage your inner critic.

TAKEAWAYS:

Try basic watercolor techniques
Learn to manage your inner critic
How to practice self-compassion

BENEFITS:

Empowers people to take on new skills and develop their abilities
Gain insights on how mindset impacts the quality of your work

HEALTH PROMOTING ACTIVITIES & EXCURSIONS



THE PERFECT DISH.

How to cook like your life depended on it -- because it does!

TAKEAWAYS:

Learn to make healthy and easy breakfasts, lunches, snacks, and dinners.

BENEFITS:

Lower risk of heart disease, type 2 diabetes, and some cancers.

Boosts immunity & longevity

Maintain sustained energy throughout the day



FIND YOUR ANCHOR.

How to calm your anxiety and be more present.

TAKEAWAYS:

How to be more in the moment

How to listen like a boss

How to approach new ideas with curiosity and ask meaningful questions

BENEFITS:

Reduce anxiety and ruminating

Improve your relationships

Improve clarity in your communication

JUMPSTART: A COMPREHENSIVE, WELLNESS PROGRAM FOR NEW CLIENTS.

OPENING SESSION

One hour, in-person, individual assessment report walk-thru. Includes interactive introduction to three types of mindfulness practices.

INDIVIDUAL RESILIENCE ASSESSMENTS

Includes a one-time downloadable, personalized report and healthy-habit recommendation for up to 50 employees.

WELLHABIT REPORT

Overview of your employees aggregate assessment results, and healthy workplace recommendations specific to your employees results.

*Use insights for future in-house email campaigns, employee wellness workshops and programs.

*Can be utilized as a year-to-year evaluation of employees resilience, and wellness program impact.

30-DAY EMAIL CAMPAIGN

Helpful tips to help your team create new habits based on their individual assessment results, entitled Master Your Morning.

WORKSHOPS

Includes two, in-person, one-hour activities or excursions. All supplies Included. Workshops to be selected from options above, and based on WELLHABIT Report recommendations.

+Limit to 25 people per workshop.

Total: \$3,000



Let's Chat!

515.240.8289

briann.harrington@gmail.com

www.wellcoachbri.com

