

TOGETHER WE THRIVE

HEALTH | CONNECTION | PERFORMANCE

8 Week Corporate Wellness Program

InnovativeHealthDesigns.com

TOGETHER WE THRIVE

TEAM HEALTH, CONNECTION & PERFORMANCE



WE UNLOCK THE BEST IN PEOPLE AND THE ORGANIZATION

Employees are the heart beat of a company; a company's greatest asset and in today's environment, people are hungry for stability, a sense of community and are ready to up-level their health and their life.

What We Do:

Our mission is to help employers improve business performance through team health and engagement.

We help develop a vibrant corporate culture, you'll see results in higher productivity, focus and creativity while reducing burnout, sick days, excess healthcare cost and turnover.

We are in the business of disrupting the current corporate wellness process by offering programs that are *relatable*, *effective* and *touch people's lives*, delivered with boutique, first class service.

“ PRODUCTIVITY

I personally have launched this program in 3 different companies that we own and the feedback has been nothing but extraordinary.

A heart felt thanks, as people are emphasizing major changes they've made as a result of participating in the program.

As these different aspects of the program are brought into peoples lives, you will see additional productivity in your company, there's no question in my mind about it.

*~Stephen Myers
Owner Myers Auto Group*

“ TEAM BUILDING

Incorporating Together We Thrive is helping team building, team engagement, and team performance. Continuing on this path will increase dedication and loyalty, not to mention profit increase.

*~Brad Colby
GM KIA Delray*

Helping Companies Thrive Through Team Health & Engagement
Book a Call Today to Find Out How to Support your Employees Health!

BOOK HERE

INTRODUCING TOGETHER WE THRIVE

8 Week Jumpstart Team Health & Development Coaching Program

Designed to:

- Expand team potential to increase business development
- Empower participants with healthy tools, new habits & fresh mindsets to up-level all areas of life
- Improve team health, connection, engagement & performance and enhance company culture
- Reduces chances of physical and mental burnout & save on future sick days & health care costs

The Details:

8-week Interactive Health & Development Course (1 module a week)
Modules Containing Short Weekly Training Videos that can be watched at Own Pace
Personalized Support through Live Weekly Coaching and Q&A Calls
Access to Resource Library to Support the Health Journey
Access to Personal Email Support



What employees say this program has helped them to do:

"Follow through on tasks and shift my attention more purposefully."

"I have been more compassionate and patient with teammates. The program has helped me to slow down and listen to others better. It has made me see things differently and I have seen a difference in the way I react to people."

- *"Since the program, I started to exercise more along with changing my eating habits. I lost 10 pounds and I'm sleeping better."*
- *"I'm taking ownership of some health issues and making a real plan instead of hiding from it."*
- *"This program has helped me focus and shift from a negative outlook to a positive one."*
- *"Practice being more mindful in my work."*



Book Your 15 Minute Insights Call to see if this is right for your team!

[BOOK HERE](#)

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