

Online Wellness Self-Coaching Program

Byte-Size Wellness Works

with Dr. Kim

FOR EMPLOYEES

5-Module Program
(with short < 10-minutes lessons)



BONUSES FOR HR!

Online Resources:

- ✓ Quick & Easy Ways to Create A Healthy Workplace Culture
- ✓ Wellness Challenges to Engage Employees
- ✓ Kick-Off / Starter Kit

PLUS

Workplace Wellness Mastermind Group:

- ✓ Community supported group
- ✓ Moderated discussion forum
- ✓ Biweekly live Q & A with Dr. Kim
- ✓ Monthly wellness topics and/or micro-breaks

PLUS

✓ 30+ Video Stretch Micro-Breaks

✓ 365 Digital Wellness Bytes (tips)

✓ 12 Digital Healthy Lifestyle Tip Sheets

Healthy Employees - Healthy Organization - Healthy Workplace Culture