



Are Your Employees Healthy and Productive? Do you want to Increase their Productivity?

Resources for Organizational Health

PRJ Consulting offers a wide range of products and services to help you increase the health and productivity of your employees.

If you are thinking about:

- how to get your staff practising more wellness principles
- how to increase productivity
- how to decrease employee turnover
- how to reduce company benefits costs and
- how to improve the morale of your people

PRJ Consulting's presentations and health programs are an invaluable resource for you.

7 Solutions for Living a Healthier and Happier Life™

Healthy People, Better Workers.

7 Solutions for Living a Healthier and Happier Life is a health, lifestyle and wellness program that is made up of **23 key concepts**. These concepts are used to communicate each of the 7 Solutions in a way that helps employees believe in their ability to create solutions for their health, practise these beliefs by living and working in a way that is synchronized with their true desires.

7 Solutions for Living a Healthier and Happier Life takes a practical and holistic approach to working with employees in organizations to achieve their health and wellness goals. Using research that shows that healthy people make better workers, employees will have the opportunity through group work and individual work, to build on their past successes in health and lifestyle balance, as well as incorporate new skills and strategies designed for them to experience a successful life.

7 Solutions for Living a Healthier and Happier Life uses the principles of life coaching combined with health education and human development principles, to enthuse employees into creating action towards reaching their desires. They will be coached on how to transfer the solutions from a personal wellness practices perspective into all aspects of their lives, including their work life.

Other resources available:

- Onsite nutrition and wellness individual consultations
- Onsite diabetes screening clinics
- Personalized conference, team building nutrition, health and wellness motivational sessions
- Keynote speaking and workshop facilitation
- Corporate health/life coaching
- Weekend retreats
- Customer acquisition, customer retention turnkey program
- **The Your Health is Your Wealth™** membership program

PRJ Consulting's Success Facts:

- Track record in needs assessment, program design, implementation and evaluation for workplaces, government and corporate groups
- Professional motivational speaker on health and nutrition topics to large and small groups
- Proven track record to develop and deliver workplace wellness programs
- Experienced health professional in the areas of chronic disease prevention and management, lifestyle changes and maintenance and work-life
- Excellent oral and written skills
- Experienced interviewee for television, radio and print media
- Excellent group facilitation skills
- Proven ability to deliver challenging projects while meeting target completion dates
- Proven track record working with a variety of diverse groups and companies of varying sizes

For more information on how **7 Solutions for a Healthier and Happier Life™** or how our **Membership program** and other resources can help your organization reach its goals via healthy people, please call Phyllis Reid Jarvis at 204-229-2634 or Toll Free: 1-877-655-0507. Or email us: solutions@phyllisreidjarvis.com

