



Rosie Bank

Board Certified Integrative Nutrition Health Coach
Author, Speaker

WHAT CAN A HEALTH COACH PROVIDE FOR YOUR COMPANY?

“With just one of the techniques you taught me, I lost four pounds in the first week, had way more energy, and for the first time saw how I could be healthy without obsessing over food and dieting.” Joe M., CEO

To increase the health of the business, we must increase the health of its people. ~ Stuart Lloyd Cohen, Success Coach

- On-site workshops that focus on **getting and staying healthier.**
- Teach all levels of employees, managers and executives strategies to **avoid sick days (increase productivity)**
- Lead individuals and groups to **release massive amounts of stress, to eat better, to sleep better, and to have much better work/life balance.**
- Explain **what, when, and how to eat** to maintain optimal weight.
- **Lead leaders to be role models** for employees.
- **Inspire teams** to ask for and get support from co-workers.
- **To improve the work environment culture** so that groups and individuals make smart pro-health choices individually and collectively.
- **Reduce risk** for over-worked stressed out team leaders and co-workers.



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Programs

1. Six week on-site interactive seminar/workshop

- a. 60 minute sessions
- b. Held same time for six consecutive weeks. (Maximum driving distance 45 minutes. For more driving time, price will be adjusted.)
- c. Cost: \$2999 for entire series, including prep, email support, and hand-outs
- d. Maximum attendees, 20
- e. Entire slide deck made available to participants
- f. Partial list of topics: meal and snack planning; creating “me time”; how and why to get rest/plenty of sleep; how to avoid getting sick/how to stay well; how to have more energy; how to lose weight without dieting; how to balance work and family for optimal performance in both; how to minimize stress and maximize productivity through better self-care practices.

2. One-on-one executive/management health consultations

- a. 50 minute sessions; 12 sessions; six months
- b. Held on site, in my office (Foster City) or by video conference (Skype, Google Hangout, or Facetime)
- c. Completely customized per client.
- d. Specific strategies for goals and concerns for each client
- e. 100% confidential. 100% satisfaction guaranteed.
- f. Cost: \$2160 video conference/\$3200 on-site for entire six month program, including prep and email support. (Maximum driving distance 45 minutes. For more driving time, price will be adjusted.)

3. Keynote speaker for Corporate event

- a. *It Pays to Be Healthy*
- b. *Health is Everyone's Business*
- c. Statistics on cost of staying well versus illness
- d. Uncovering excuses and breaking through barricades to vibrant health
- e. Energy, rest, stress reduction, and productivity
- f. Nutrition, food, snacks for optimal health
- g. 50 minute Keynote – \$500 (entire slide deck, [Health Matters](#) discounts, and email support made available to all participants following talk)

[Contact Rosie now](#)



What is a Health Coach?

- A health coach is a trained professional who will help you get *your health, your life, and your body* in balance.
- A health coach will help you *feel better, look better, have more energy, and (for many) lose weight permanently without dieting.*



- A health coach will inspire groups and teams to work together with *less stress, greater focus, more cooperation, and increased productivity.*
- A health coach will show you how to *fall in love with foods that are good for you.*
- A health coach will help teams and individuals *have a plan for vibrant good health.*

What are the options?

(Invoicing and payment options available for all services)

All Corporate Wellness Programs are customized for your company's unique needs. Here are a few possibilities. Other formats are available and the programs can be customized for your and your company's unique needs.



One on one Executive Coaching via video conference: \$2160/6 months/12 sessions

Buy Now



One on one Executive coaching on-site: \$3200/6 months/12 sessions

Buy Now





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[Corporate Wellness \\$3200 on site](#)

[Keynote Program \\$500 on site](#)

Buy Now



Buy Now



If you don't see exactly what you are looking for, and if you would like to discuss a more customized approach given the unique needs of your company or group, [click here](#).

Benefits of Corporate Wellness

- Increased productivity
- Improved culture/work environment to be "health focused"
- Better team support and cooperation
- Reduced costs and absenteeism
- Reduces health risk and exposure to executives and team leaders
- Reduces injury and sick leave
- Increases employees loyalty to company
- Improve conflict resolution and harmony among teams
- Improvement of food made and shared among co-workers
- Increase priority for movement and exercise



Average ROI on corporate wellness:*

- An average of 30 percent reduction in workers' compensation and disability management claims.
- An average \$5.93 to \$1 savings-to-cost ratio.
- An average of 26 percent reduction in health costs *From the [Institute for Healthcare Consumerism](#)



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Founder **Got Health**
Author [Health Matters](#)
[Click to read corporate client feedback](#)



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“I used to get so stressed out at work that it was spilling over to my family time and I did not realize it. Health coaching has restored my health, and my sanity. I feel so free and confident around food. The cravings are gone and I see a much brighter future for my health and my life. I feel like you saved my life!”
Marjorie J., CFO

I would recommend Rosie to anyone who wants to redirect their lives in order to feel better both physically and emotionally. She is easy and fun to work with, her passion for helping is amazing and her ability to analyze the situation and come up with positive approach towards reaching one’s goals is inspiring. Taking this healthful and positive journey with Rosie makes me want others to experience it too. I can see how her program could be very helpful for businesses to improve the general health and well-being of their employees. People owe it to themselves to try Rosie’s program.

Glenn Mendelson, President Lee Mendelson Film Productions



Rosie Bank has been helping people live more successfully in their bodies since the mid-1970’s. She is a graduate of the Rolf Institute and of the Iyengar Yoga Institute. For over thirty years Rosie practiced Rolfing and taught yoga and body therapy. She trained extensively in India and has taught and spoken internationally.

Since 1999 her specialty has been nutrition and health coaching. Rosie is a Board Certified Integrative Nutrition Health Coach and a graduate of the Institute of Integrative Nutrition. She is the founder of **Got Health?** She offers corporate wellness programs, coaching, and talks. Rosie works with her clients throughout the US.

Rosie is the author of [Bodies, Health and Consciousness](#), [You, Inc.](#), and [Health Matters](#).



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