

Overview

Enliven Wellness Works takes an integrated approach to help employees and employers reduce health care costs. In addition, our programs improve productivity and morale. We offer a broad array of programs and services designed to improve lifestyle and behavior as well as bring knowledge and awareness to the lives of our participants.

Motivation Healthy Body

Our Motivation Plus Programs are affordable solutions because your employees need year round support. Our energetic Motivation Plus coaches facilitate educational, support-style meetings, offer resources and accountability to keep your employees focused on their wellness goals. Through the support meetings, weekly motivational emails and an interactive online platform, we motivate, reward and celebrate your employees moving them towards their greatest potential.

Mind-Body Wellness

Mind and Body Wellness programs are designed to give education to your employees by our credentialed health & wellness professionals complete with course manuals and materials. A high level of service, coordination, and reporting comes with these programs that run on a 6-12 week schedule. With our clients, we learn their priorities, goals, budget, and then tailor and customize programs accordingly. The formats of delivery will vary depending on our clients' needs. Our programs may also be conducted via live webinar.

Move Your Body!

Move Your Body is a fun and effective program. We have a variety of movement classes for all levels of fitness. Our certified and credentialed fitness instructors are CPR-certified and are trained to safely conduct group fitness classes, including; yoga, dance (everything from salsa to hip-hop), Pilates, strength training, and core conditioning. Classes are offered in 8-week sessions and are designed to run year-round.

Massage at Work

Who doesn't love a good massage? Massage increases employees' performance and productivity, reduces adverse effects associated with repetitive work tasks and prolonged sitting positions, reduces stress and tension and improves good feelings about the workplace. Massage can be done in a specialized massage chair or on a massage table. Sessions generally run 5-30 minutes or sometimes up to an hour, depending on your needs.

Wellness Coaching One-on-one and group coaching. Are you ready for change?

Enliven Wellness coaches are trained as behavior specialists and utilize a motivational interviewing approach to coaching. Research has shown that self-change is a staged process and that we move from not thinking about behavioral change, to thinking about it, to planning to change, then testing out ways to do it before we actually start. Enliven Wellness coaches guide your employees through these stages to bring them closer to their wellness goals.

Wellness Consulting & Coordination

Our wellness consultants will meet with you to identify your company's wellness needs, priorities, and challenges. We will collaborate with you to help you reduce your organization's health care costs and increase employee productivity.