



WILL POWER WARRIOR

TEAM COACHING EXPERIENCE

**BUILDING A STRONGER
WORKPLACE CULTURE,
TEAMWORK, AND
WELLNESS FOR
SUCCESS!**



WILL POWER WARRIOR: TEAM COACHING EXPERIENCE

Increasing productivity, work quality, employee health, team morale, all while reducing turnover all depend on the personal health and wellbeing of each individual team member. So, what are you doing to promote it for your team?

Resources

1. Parks KM, Steelman LA. Organizational wellness programs: a meta-analysis. 2008. In: Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK76322/>

2. Baiker, K., Cutler, D., & Song, Z. (2010). Workplace wellness programs can generate savings. *Health affairs*, 29(2), 304-311.

3. Richard M Frankel; Timothy E Quill; Susan H McDaniel. *The biopsychosocial approach: past, present, and future*. Rochester, NY : University of Rochester Press, 2003.

**ORGANIZATIONAL WELLNESS PROGRAMS IMPROVE
THE EMPLOYEE EXPERIENCE AND SAVE COMPANIES MONEY!**

WHICH IS WHY WE ARE SHARING
A “WILL POWER WARRIOR” APPROACH!

**Our Team Coaching Experience will bring palpable
impact to your employee’s personal health and wellness
& Elevate your company’s culture for success!**

- Companies like Johnson & Johnson reported an estimated savings of \$250 million over a 10-year period after investing in a comprehensive plan to address employees’ social, mental and physical health.¹
- In a Meta-analysis, Baicker et al² reports that “on average, employee health care costs fell by \$3.27 for every \$1.00 spent on employee wellness programs.”
- Studies support that employee participation in an organizational wellness program was associated overall with lower absenteeism rates and higher job satisfaction.³ In fact, Baicker et al reports absenteeism costs dropped by \$2.73 for every dollar spent on a wellness program.²

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AN EFFECTIVE LEADER

KNOWS THAT WHEN MEMBERS OF THEIR TEAM CAN TAP INTO THEIR BEST SELVES, BASED ON THEIR OWN VISION AND CORE VALUES, THE ENTIRE TEAM (AND THE CENTRAL MISSION) THRIVES FROM THE BOTTOM UP!

ENLISTING WILL POWER WELLNESS AS YOUR COACHING FIRM WILL ENSURE THAT TEAM MEMBERS IN YOUR COMPANY/ORGANIZATION HAVE THE PRIVATE, PROFESSIONAL, AND COMPASSIONATE SUPPORT NEEDED TO SEE THEIR OWN PERSONAL VISION (AND THUS, THAT OF YOUR COMPANY) IN CLEAR VIEW. LET'S GET STARTED TODAY!

PART 1: THE ACT-INFORMED TEAM WORKSHOP:

9:00-9:30

TEAM MEMBER INTRODUCTIONS & AGENDA

10:00-12:00

BRINGING VALUES "FRONT & CENTER"

- "See the whole iceberg"
- Values vs Factors

12:00-1:00

TEAM LUNCH

1:00-1:45

EXPLORE THE BUILDING BLOCKS OF PERFORMANCE

1:45-2:30

EXPLORE THE 3M'S OF PERSONAL HEALTH & WELLNESS (... AND TAKE ACTION)

2:30-3:00

CONCLUSION & CALL TO ACTION

3:00-5:00

OPTIONAL
AMERICAN RED CROSS BASIC LIFE SUPPORT/CPR
CERTIFICATION CLASS

PART 2: INDIVIDUAL COACHING SESSIONS:

EACH ELIGIBLE TEAM MEMBER (TM) IS ALSO AFFORDED

3 INDIVIDUAL COACHING SESSION

- SESSIONS ARE PRIVATE, 30-MINUTE PHONE CALLS INITIATED BY TM
- SESSIONS ARE SCHEDULED INDEPENDENTLY BY TM ON WPW WEBSITE
- COACHING FOCUS, TOPICS & DISCUSSIONS ARE TM-LED AND COLLABORATIVE
- ALL TM COACHING SCHEDULES, SESSIONS, TOPICS, AND ALL RELATED INFO WILL BE KEPT CONFIDENTIAL AND PRIVATE- AND WILL NOT BE SHARED WITH ANYONE UNLESS BY EXPRESSED REQUEST/CLEARANCE BY THE RESPECTIVE TM IN WRITING.

DR. DAMON ANTHONY WILLIAM, PT, DPT, NBC-HWC

has practiced as a Physical Therapist for over 12 years- with patients of all ages and needs. He is Manual Therapy Certified and a published researcher. Damon is the founder of Will Power Wellness & Consulting, LLC and also the creator of the "Intro to Tai Chi for Rehabilitation & Fitness Professionals" PDU course. As a Tai Chi for Rehab Board Certified Instructor, he enjoys teaching Tai Chi classes in his home community, and online.