

CORPORATE WORKPLACE WELLNESS EDUCATION

At Premier Health + Wellness Consulting, we recognize that a company's most valuable asset is its people. A healthy workforce translates to increased productivity, lower healthcare costs, and reduced absenteeism and presenteeism. According to a Brigham Young University study, every dollar invested in employee wellness programs yields \$3 to \$4 in healthcare savings.

We deliver comprehensive health and wellness consulting services tailored to empower and inspire employees, leading to sustainable, cost-effective, and impactful outcomes. Our services include dynamic training tools, engaging workshops, and thought-provoking lectures. Additionally, we provide innovative solutions like aeroponic vertical gardening to help clients gain control over their food sources, fostering year-round sustainability indoors and outdoors.

Core Competencies

- Leadership, Value, Ethics
- Health Education
- Communication, Accountability for results
- Assess, Plan, Implement successful health strategies
- Informed Decision Making on Health Concerns
- Educate, Empower, Inspire



Featured Clients

2023 - - Elizabeth City , NC City Manager Office
-Elizabeth City State University, NC
-Clover Park School District, WA

2022 - Department of Treasury, Blacks in Government Fiscal Service Chapter – DC

2020 - First Command Bank, Norfolk, VA

2020 - AAPR Entrepreneurship - DC

2019-20 - Centura College, Norfolk, VA

CURRENT

Institute for Military Veterans and Family (IVMF)
James E. Newby Foundation
Norfolk, Chesapeake Public Schools
Boys & Girls Club SE Virginia

Education/Experience

- Over 20 years in the Wellness Industry
- Masters in Professional Counseling, South University
- Bachelors' Degree in Social Work, Florida A&M University
- Graduate of the Entrepreneurship Bootcamp for Veterans (EBV) with Disabilities at Whitman School of Management, Syracuse University.
- Certified Health Coach/Educator (Dr. Sears Wellness Institute)
- Certified Workplace Wellness Specialist (NWI)
- Retired Military Officer

Awards/Recognitions –

2021 - Smart & Sexy Outstanding Female Veteran Business Grant 2019 - Stacy's® and United Way Rise Project Microgrant Recipient 2019 - Interviewed on CBN Healthy Living 2018 - Featured in the China Study Family Cookbook (pg. 161) 2018 - Named Outstanding Veteran Entrepreneur of the Year – IVMF at Syracuse University 2015 - Won the Best Social Venture Award from Citi Salutes – Realizing Your Dream Business Competition

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UEID Number - PD68UMM61875

NAICS Code - 611710

NIGP Codes – 92400, 92418, 91832, 91838, 59530

Services Offered

- ✔ In nity Premier Health Workshops
- ✔ L.E.A.N Start and L.E.A.N Expectation Training
- ✔ Lunch n Learns
- ✔ Office Hours
- ✔ Personal Health Assessments
- ✔ Lectures
- ✔ Salad-in-a-Jar Workshops
- ✔ Healthy virtual or In person communities



- Service Disabled Veteran Owned Small Business
 - Small Business ○ Women Owned Small Business
 - Minority Owned Business ○ Micro Business
- WBENC- Certified

Benefits

- Improved productivity
- Better concentration, focus, and alertness
- Enhanced employee morale
- Higher energy level
- Lower healthcare cost
- Reduced absenteeism, lost time, fewer sick days for both employees and family members
- Reduce Presenteeism, which leads to fewer injuries, less human error, and a more harmonious work environment
- Less employee turnover
- Fewer injuries, less human error, and a more harmonious work environment
- Reduced stress (“the 21st century disease”)



Contact Info

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