



Coaching enhanced health and fitness for maximum productivity!

## Program Description

### “Enhanced Health & Fitness At The Top”

~Maximize productivity chain wide~

Are the tremendous benefits of optimum health and fitness overlooked as a significant contributing factor to growth and expansion within the restaurant industry? Are your best strategic plans compromised by turnover in the management arm of your company? Is the long-term growth potential for restaurateurs hindered because key operations executives function under presenteeism? Presenteeism...working on the job, in a diminished capacity due to day-to-day health issues. Presenteeism is an “issue of impact” when it affects the performance of your team that sits in the drivers seat under stress day in and day out! To better protect your leadership team from ‘burn-out factors’ invest in corporate wellness solutions! Prioritize the fitness, health and vitality of your key players in the field! “Enhanced Health and Fitness at the TOP” is a high energy, content rich program that focuses on a vital HR issue of today and provides creative solutions for growth and improvement.

#### Course Objectives:

- Learn Ilene’s 3-Tier Benefit Factor of Corporate Wellness and improve your ROI
- Invest in your leadership team and learn strategies to maximize their daily productivity
- Institute corporate wellness programs to ‘motivate and fuel’ your management to tackle the demands of aggressive expansions plans.
- Discover how a healthy lifestyle based benefits program for management can minimize the attrition rate at a key level of your organization.
- Implement a competitive corporate culture that will help your HR executives attract and recruit great mastership
- Educate your key executives on time saving strategies to maximize their fitness efforts.

~ Keep your Management Team Healthy! ~