



BETTER WELLBEING. HEALTHIER PEOPLE. BETTER BUSINESS OUTCOMES.

There's a strong positive correlation between employee wellbeing and business outcomes, including productivity, customer loyalty and retention (Source Gallup, LSE).

When people feel better, they can perform and lead better. They make better and faster decisions. They are more focused and motivated. They build stronger relationships and manage resources more efficiently.

Our Better Wellbeing program is designed to equip leaders at all levels with the tools they need to maximize their impact with greater confidence, and peace of mind.

PROGRAM ROAD MAP



A Transformational Journey to Better Wellbeing

HIGHLY EXPERIENTIAL

The Better Wellbeing (BWB) program focuses on the connection between mind and body, especially as it pertains to critical work and leadership skills like emotional control, focus, motivation and creativity. Participants are engaged in practical, work and personal related experiences they can take back and apply immediately to their specific work and personal lives. **We believe when we provide experiences with the science backed theories, people are more likely to follow through once they have left the workshop.**

The program takes place over a 3-4 month time line, starting with a three-day workshop, followed by a virtual group coaching session for checking in and keeping the group on track. To take outcomes to the next level we encourage the individual coaching engagement, targeted for laser focus to accelerate progress.

PARTICIPANTS BENEFITS

Robert D: Series Project Leader

"This program has truly been life changing for me and I cannot thank Elizabeth and team enough for giving me the tools to find this peace. Sometimes my wife will say "What happened to my husband" and this is not meant in a bad way at all, as she really enjoys the new me as well."

Teann Ruffin: Quality Project Leader

"This program is a revolutionary training / teaching concept to not only achieving work-life balance but achieving a balanced lifestyle. Understanding the relationship between the Limbic System and the Prefrontal Cortex was like a lightbulb being turned on. Amazing!!!!!!"

Global Workshop Participants

- "You both rock and you really made us AMAZING."
- "I'm already a better father & husband. I'm excited to complete the professional side. Thank you again for giving me the tools."
- "The program was exciting and relatable. It really looks at how we behave / operate in our everyday lives at work and at home."

OVERVIEW

3 DAY ONSITE WORKSHOP

- Science of Wellbeing
- Emotional Intelligence
- Creating a BWB Plan

2 HOUR GROUP COACHING CALL

- Body Budget Check in
- Hindering/Helping Progress
- Motivation for the Journey

3 COACHING SESSIONS

- Optional (Highly Recommended)
- One on One Sessions
- Focused/Targeted Solutions



"BETTER WELL-BEING IS EXACTLY WHAT IS NEEDED IN MOST COMPANIES TODAY. WE HAVE A RESPONSIBILITY TO CARE FOR THE WHOLE PERSON, NOT JUST WHEN THEY ARE AT WORK."

Sybil Hicks

Personnel Development & Training Manager,
Draexlmaier Automotive of America LLC

Back at Work Support

We provide the HR/Program Leader with communication resources to support leaders development after the program.

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PASSIONATE TEAM



Our facilitators bring extensive experience in business, leadership development, HR Consulting, wellbeing, mindfulness, psychology, and neuroscience. Most importantly they all are passionate about helping people to be their best and healthiest self.

**HEALTHY PEOPLE
=
HEALTHY
ORGANIZATIONS**



**ELIZABETH J. CHEVALIER,
FOUNDER**

A passion for helping people be at their best, emotionally, physically, and professionally. Vast knowledge in facilitating leadership strategies for organizations both nationally and globally, having worked in this field for more than 20 years with certifications in various talent management tools including certification in Applied Neuroscience.

Bonus: Her journey of self-healing has propelled her passion and knowledge to new heights that she wants to share with the world.



**CAROLINE CALDWELL,
MA, ABD**

Business leader. Certified executive and life coach, and cognitive behavioral therapist. Caroline provides behavioral and life coaching services that improve employee function and retention and that develop positive work cultures.

Bonus: Participants always ask for more of her meditation and healing experiences! She has an amazing voice, and is the best hugger...world wide.



JENNIFFER BESSEAU

A holistic healing practitioner certified in an array of natural, holistic healing modalities such as Reiki, reflexology, biofield tuning among others. She has a strong focus on helping people have a whole-body healing approach through various modalities. She can identify areas of stress and imbalance to help each person move to a total wellness approach for their greatest benefit.

Bonus: She has a gift of sensing/reading with one's emotional energy quickly and therefore instinctively offering herself in a way that heals, enlightens, or brings peace in the moment.



KIMBERLY MORGAN

Certified life and health coach. Kimberly supports organizations and individuals through holistic coaching that honors the mind-body connection. She is the author of: Share the Joy: 52 Weeks to Abundant Health. She is certified in Yoga, Singing Bowls, and other leadership assessments.

Bonus: She is an actress, her essence is calming, she will move you with her singing bowls. Her yoga poses are amazing. Look for her head stands!

CONTACT US

We invite you to join us on this transformative journey and experience the profound impact that our program can have on your leaders and your business.

Connect with us today to learn more about how our "Better Wellbeing" program can be customized to meet your unique needs and objectives.