

DR. COTEY JORDAN

"Dr. Jordan's presentation was insightful, engaging and most importantly made a lasting difference for our global leadership team."

-Health & Housing Alliance

"In Dr. Cotey's very energizing session, he gave our employees clear tips & actionable suggestions on how to implement these valuable strategies."

-SMS Strategies Worldwide



BREAKOUT TOPICS & EXPECTATIONS

- ✓ **STRESS MANAGEMENT**
- ✓ **CORPORATE WELLNESS**
- ✓ **PEAK PERFORMANCE**
- ✓ **WORKPLACE ERGONOMICS**
- ✓ **WORKPLACE MODALITIES**
- ✓ **WELLNESS ENVIRONMENT:
DO'S & DON'TS**

Over the past 10 to 12 years, there has been a MAJOR SHIFT in the understanding of enhancing employee wellness programs. When you look after your staff, you create values-based employees, teamwork, and a positive working environment which translates into results - healthier, highly driven / self-leading employees, which is fantastic for business!

www.WellnessSpeakerUSA.com

CONTACT US



(724) 741-6080



info@InspiredtobeHealthy.com



9125 Marshall Road, Suite 101
Cranberry Township, PA 16066