

SAMPLE LEADERSHIP PROGRAM AGENDA

Pre-work	<ul style="list-style-type: none"> · Customize Client Program · Corporate Health Assessment · Suggested Reading · Personal Lifestyle Questionnaire · Personal Lab Work · Other based on client needs
DAY 1	<p>2:00 – 4:00 pm Arrivals</p> <p>4:00 – 4:30 pm Welcome & Program Intro in Living Room</p> <p>4:30 – 6:30 pm Building the Business Case for Corporate Wellness, featuring guest Industry Expert</p> <p>6:30 – 8:30 pm Dinner, Wellness Kitchen healthy cooking and dining experience featuring Registered Dietitian–Chef</p>
DAY 2	<p>6:00 – 6:45 am Morning Energy Walk, led by Exercise Physiologist</p> <p>6:00 – 8:00 am Bod Pod Consultations, a body composition assessment in the Medical Center</p> <p>7:00 – 8:00 am Breakfast, Healthy Buffet</p> <p>8:00 am – 12:00 pm Health & Lifestyle Workshop, each guest will participate in workshops in the areas of Nutrition, Fitness, Strategies for Change, and Preventive Health</p> <p>12:00 – 1:30 pm Lunch, Healthy Buffet</p> <p>1:30 – 3:30 pm Client Focus, An Analysis of Your Company’s Current State of Health facilitated by Industry Expert</p> <p>3:45 – 6:00 pm Client Focus, Building a Strategic Wellness Plan for Your Company facilitated by Industry Expert</p> <p>6:30 – 8:00 pm Dinner, on property at Four Seasons Hampton’s Restaurant</p>
DAY 3	<p>7:30 – 9:00 am Breakfast for Performance, Wellness Kitchen nutrition workshop focused on strategies for eating a healthy breakfast featuring Registered Dietitian–Chef</p> <p>9:15 – 11:00 am Client Focus, Tactics and Tools to Create a Culture of Health for Your Organization facilitated by Industry Expert</p> <p>11:00 – 11:30 am Client Focus, Program Summary & Next Steps</p> <p>11:30 am – 12:00 pm Closing Remarks</p> <p>12:00 – 1:00 pm Lunch, Healthy Buffet</p> <p>1:00 pm Departures</p>
Follow-Up Support	<ul style="list-style-type: none"> · Personal: 21-Day “Healthy Living” Challenge, Phone Consultations with Registered Dietitian and Exercise Physiologist · Corporate Opportunities: Executive Health Program, Executive Physical Program, Wellness-Focused Strategic Business Meetings · Corporate Follow-Up: Quarterly Progress Call, Corporate Health Best Practices Monthly/Quarterly Customer Calls