

Coaching + Culture Program

City of De Pere Employees and Spouses

Welcome City of De Pere employees and spouses to the Coaching + Culture program. This FREE offering provides a wide range of tools to support you in enhancing your overall wellbeing.

Our materials are tailored to cater to your diverse needs, covering topics such as self-care, sleep guidance, stress management, and more. This innovative approach to employee wellness is set to make a significant impact.

Coaching + Culture Package Includes:

- Personalized health coaching via video or phone.
- Live online wellbeing classes on various topics, ranging from 6 to 12 weeks, offered throughout the year.
- An on-demand wellbeing platform for convenient access to videos and activities.

Programs currently available to earn points include:

- Mental Health Moments
- Beat the Pack
- Big Little Things
- Get Healthy, Get Moving
- *Stay tuned for access to more programs in the near future*

Bellin Health Coach Support:

Our program offers unlimited health and wellness coaching with flexible scheduling to accommodate different work shifts. Employees and spouses can seek assistance with health and wellbeing at any time. Our Health and Wellness Coach provides personalized advice on nutrition, exercise, and emotional health to address your specific concerns.

Earning Wellness Points:

Upon completing any of the challenges, programs, or classes, Bellin will submit participant lists for wellness points.

Accessing the Program:

Visit **bellin.org/cc** or scan the QR code to schedule a 1:1 Coaching Session or register for a Live Group Class, participate in a Wellness Challenge or On-Demand Program, and for additional resources.

Take advantage of this opportunity to improve your well-being and earn wellness incentives through the Coaching + Culture program at Bellin Health.

Scan now to learn
about the program
and register

bellinhealth



Lifesaver
Wellbeing
Series
Coaching +
Culture Package

