



On-Site Coaching

Coaching support where you (and your people) need it most

Make Our Pros Your Pros

On-Site coaching meets members where they are

Our coaches become integral members of your wellbeing team, working together with your wellbeing program managers to build a grassroots culture of health within your organization.

Using the same proven behavior change approach as our telephonic services, on-site coaches build trusted relationships through face-to-face interactions, driving an additional level of engagement and accountability to help your employees create profound change, make better decisions and become their best selves in health and in life.

Employed by Virgin Pulse and working at your locations, on-site coaches provide one-on-one coaching sessions, group coaching sessions, stop-by tables, department meeting presentations, and shared learning experiences based on your workforce's needs and interests.

We work closely with you to place health coaches on-site at your locations. We also encourage you to participate in the selection and interview process to ensure your on-site coaches align with the needs and culture of your organization.

On-Site coaches:

- Integrate into your workplace as a focused resource for coordination and implementation of company-wide wellbeing campaigns
- Drive engagement and accountability at a grassroots level
- Boost participation and usage of all your benefit programs, events and resources
- Support your wellbeing strategy, becoming a seamless extension of your Client Success team

To ensure they are skilled in behavior change best practices, every on-site health coach receives extensive, industry-leading training based on the standards of the International Consortium for Health & Wellness Coaching. They'll also learn by doing and seeing the environment around them at your location.

On-site coaching increases accessibility and creates a visible and effective presence at your organization.

“Like many healthcare industries, our employees were taking care of others and not taking care of themselves. Our coaches are like the eyes and ears and the boots on the ground at all our locations.”

Lauren Chestnut, Children's Hospital of Philadelphia wellness program manager

98%

of on-site coaching participants also tracked daily wellbeing habits, such as activity and nutrition

4 Keys to On-Site Coaching Success

Creating a visible and effective wellness presence at your organization is simple with these four key steps:

1. Gain strong and visible leadership support to encourage employee participation
2. Integrate on-site staff within your wellness department to ensure close coordination
3. Ensure on-site staff actively promote all your health and wellness offerings and personalize recommendations to each employee
4. Promote real relationships and face-to-face support

84%

of on-site coaching participants also participated in Journeys digital coaching

**Ready to create a happier, healthier, more productive workforce?
Talk to an expert at Virgin Pulse to get started.**

Learn more at virginpulse.com



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