

Nourishing GREATNESS

Empowering Your Workforce: Achieving Peak Productivity Without Sacrificing Health and Wellness

In today's fast-paced business environment, maintaining your employees' health and wellness while ensuring high productivity is essential for success. However, many professionals feel they must choose between excelling in their careers and staying healthy. Nothing could be further from the truth.

I'm Johnda Denison, founder of Nourishing Greatness LLC and a National Board-Certified Health & Wellness Coach. My mission is to provide targeted wellness solutions for busy professionals so they can excel in their careers without sacrificing their health or happiness. Partner with me to empower them with actional strategies to protect their health, enhance their well-being, boost their energy levels and sharpen their focus. – all of which lead to greater productivity and improved performance in the workplace.

What sets me apart from other health coaches is my unique blend of expertise in brain health, performance coaching, physical fitness, and functional nutrition, combined with my first-hand experience in the corporate world. This allows me to truly understand the challenges and pressures your employees face in today's demanding work environment. My presentations are packed with practical, actionable recommendations that your employees can easily implement in their daily lives, leading to noticeable improvements in both professional productivity and personal well-being.



I strive to ensure that every presentation is an interactive experience rather than a one-way discourse. Your employees won't just be passive listeners, they will be active participants in a transformative process towards better health.

In a time where the demands of the workplace often seem at odds with personal well-being, it is crucial to shift the narrative and demonstrate that thriving professionally and maintaining health are not mutually exclusive. By partnering with me, you are taking a step towards creating a healthier, more resilient workforce. Let's work together to foster a work environment where health and productivity go hand in hand.



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SPEAKING ENGAGEMENTS

One-Hour Presentations:

These presentations can be delivered in a casual "lunch and learn" interactive format or a more formal stage-based format.

- The Case for Wellness - Why Wellness Matters Now
- Merging Professional Skills and Personal Health Goals
- Bridging the Gap: Unlocking Your Full Potential
- The Power of Prevention: A New Perspective on Cognitive Decline
- Developing Resilience in High Demand Life Stages

Three-Hour Workshops:

These presentations provide a deeper dive into implementing the habits that will have the greatest impact on attendees' health. These interactive workshops educate attendees and challenge them to set goals. Tools to troubleshoot potential barriers to success are also included.

- The Building Blocks of Optimal Health and Peak Performance
- Transforming Business Tactics into Health Triumphs
- The Blueprint of Habit Formation and Modification
- Energy Unleashed: Understanding its Basics

INVESTMENT:

One-Hour Presentations:

- In-Person (Dallas/Fort Worth Area) \$500
- In-Person (Austin, Houston, San Antonio, Oklahoma City areas) \$800, plus travel expenses

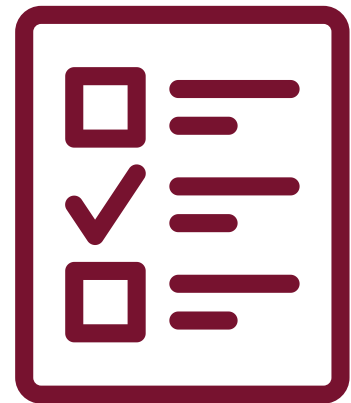
Three-Hour Workshops:

- In-Person (Dallas/Fort Worth Area) \$1500
- In-Person (Austin, Houston, San Antonio, Oklahoma City areas) \$1800, plus travel expenses

COMMITMENTS FOR EACH PARTY

Johnda's Commitments:

- Provide the client with a headshot, bio, and presentation or workshop summary to promote the event.
- Participate in 30 minutes to one hour of tech check (if necessary).
- Provide the organizer with a preview copy of the presentation at least seven days before engagement.
- Arrive 30 minutes early before engagement.
- Prepare for and give contracted presentation or workshop engagement.



Client's Commitments:

- Before Engagement
 - Promote event, recruit attendees, and manage attendance reminders.
 - Ensure that the venue is booked and paid for and that any food/refreshments are ordered and managed by the client.
 - Provide Johnda with an estimated attendance one week before engagement.
 - Print participant handouts which will be sent two days before engagement.
 - Provide Johnda with the organization's travel guidelines (only applies to engagements outside the Dallas/Fort Worth area).
 - Pay the invoice for 50% of the contracted investment.



COMMITMENTS FOR EACH PARTY (Continued)

Client's Commitments:

- During Engagement
 - Help Johnda set up to present on the day of engagement one hour before starting time.
 - Supply and manage computer loaded with Johnda's presentation.
 - Supply a projector and screen or other method of showing Johnda's slides.
 - Provide a microphone (if needed, given space and number of attendees).
 - Manage food and refreshments.
 - Manage attendance.
- After Engagement:
 - Pay the invoice for the remaining 50% of the contracted investment and any travel expenses.
 - Share any positive or constructive feedback received.

OWNERSHIP OF MATERIALS

The templates, exercises, and related materials that are developed or produced by Johnda for workshops and speaking engagements are the sole property of Nourishing Greatness LLC. They may not be sold or otherwise distributed by the client. Should the client want to use or distribute any of Johnda's content internally or with program participants, it must receive permission from Johnda in writing in advance of doing so. Video recordings of virtual or in-person sessions may be distributed internally only with advanced permission granted by Johnda.



Johnda Denison NBC-HWC
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Executive Health & Wellness Coach