



## What Sallie Can Do For You!

### **We cannot perform well when we are not at our best.**

My job as an Executive Wellbeing Coach is to work with you in a holistic capacity - your mind, your body, your lifestyle, your work and your life goals - to bring the whole of you into alignment with your ambitions.

My coaching work is about optimizing individuals and teams for energy, efficiency, productivity, happiness and longevity.

I work one-on-one with individuals, moms and dads, athletes, performers, students, blue-collar workers, white-collar workers, professionals, executives, and others as well as with teams and organizations to bring out their very best.

My coaching work incorporates executive, nutritional and wellbeing coaching approaches, with a foundation in applied

neuroscience to address the whole person - executive function, physical health, peak performance and productivity.

On an individual level this could mean supporting necessary changes to help you achieve a demanding new promotion as you incorporate new health habits for increased energy and vitality. On a team level, this could be taking on the root causes of high levels of absenteeism or low performance levels.

I tackle subjects as wide ranging as stress management, functional nutrition, sleep hygiene, executive function, managing blood pressure, weight challenges, and time management to achieve a healthy life and living for success.

**I look forward to working with you or your teams to bring out the best that you can be!**



**Web**



**Sallie**