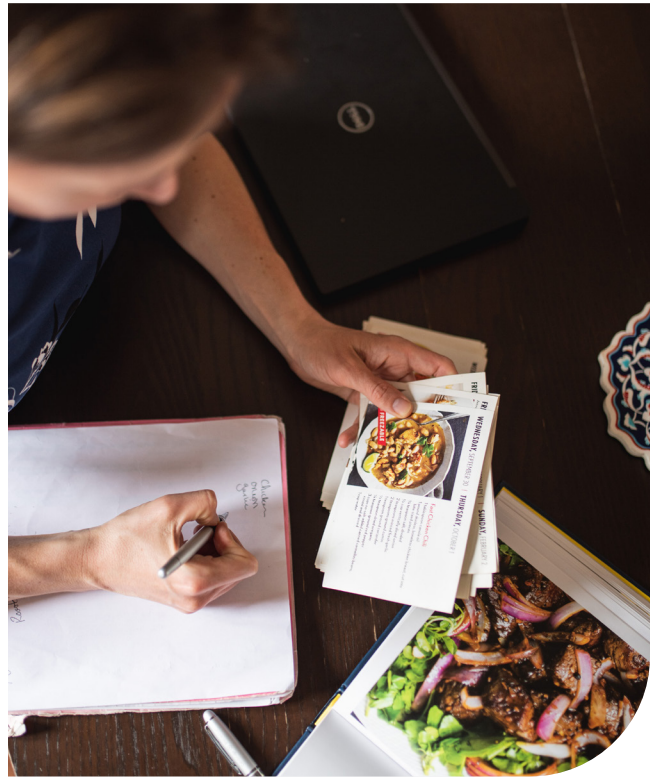




# YOUR WELLNESS SCOUT

*Discovering healthy solutions for your lifestyle!*



**TAILORED WELL-BEING FOR BUSY LIVES**



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## Who is Your Wellness Scout?

- Your Wellness Scout, is a Certified Wellness Practitioner and Certified Holistic Health Coach, focusing on integrating sustainable, customized wellness solutions into individuals' and employees' daily lives while considering the "rush" of competing priorities.
- Your Wellness Scout empowers employees to understand the "why" of well-being versus checking the box; making wellness organic and fully integrated into daily life. Through well-being strategy and programming, she enhances well-being and health promotion through individual, organizational and cultural change. Your Wellness Scout aims to help an organization create a climate of well-being that positively impacts an organization's bottom line.
- Prior to founding Your Wellness Scout, Kirsten worked 15 years in several Fortune 500 companies (Qualcomm, McKinsey & Company) in various organizational and program coordination positions, which enabled her to fully develop practical tools that individuals can use to work on their daily wellness initiatives.





# About Kirsten



Kirsten Wright-Cirit

FOR OVER 20 YEARS, Kirsten has been passionate about how food, stress, and activity effects our way of life and ability to thrive at work, home, and play. After witnessing family health issues with adrenal fatigue, candida and gut health as well as experiencing similar challenges herself, Kirsten resolved to make dietary and lifestyle changes in her life. Recently she has entered a new chapter of health challenges with hormone regulation and added family stress – sound familiar?

With 12 years of corporate experience, Kirsten experienced the health pitfalls of the relentless mindset of being “on”. She knows firsthand the challenges of imbalance her clients experience. She shifted her mindset and drew upon her own corporate experiences and her wellness skills during her time in corporate developing events such as health fairs, walking programs and lunch makeovers, to create the foundation of Your Wellness Scout. Through research, listening to clients, walking her talk and more, she has expanded her knowledge to educate others in her comprehensive health coaching practice and corporate wellness programs. She has created sustainable, replicable solutions that enable her clients to add deeper dimension and balance to their lives – enriching their minds, bodies, and souls. In 2019, she was featured on [WCVB Channel 5 Chronicle](#) and recently her work with the Worksite Wellness Council of Massachusetts as a board member and co-chair of the Education and Events Committee has broaden her scope and passion in partnering with organizations to strategize on well-being programs that design a culture of sustainable well-being that’s customizable, effective, and accessible to all for thriving!

Kirsten received her B.A. in Interdisciplinary Studies with a focus on Cultural Studies from the University of North Carolina at Chapel Hill; graduating Phi Beta Kappa. By earning her certification as a Holistic Health Coach through the Institute of Integrative Nutrition (IIN) and a Certified Wellness Practitioner from the National Wellness Institute (NWI), Kirsten broadened her experiential knowledge with data driven learning of dietary theories, coaching, and behavior change techniques with some of the world’s top health and wellness experts, leading researchers and nutrition authorities. Kirsten’s approach involves discovering innovative nutritional and stress management sources for restoring a client’s desired life balance. She leverages her passion for wellness, her understanding of bio-individuality, and high level of foresight to find the solutions most suited for her clients’ busy lives.

Kirsten lives in North Cambridge, Massachusetts with her husband, little girl and geriatric cat (21 in June!). When she isn’t exploring local cafes and cuisine, she and her family enjoy traveling the world, geocaching, and carefree time with friends!



## PHILOSOPHY

# Why Your Wellness Scout

## Partnering With

**Clients** – to understand the root of wellness challenges, to create a long-term strategy of improvement, and empower employees towards sustainable change with customizable solutions. YWS audits the micro and macro wellness initiatives for your organization.

**Small to Mid-Size Companies** – who need assistance with developing a well-being plan! The partnership ranges from wellness seminars all the way to full consultation on program development, strategy, marketing, implementation to evaluation and analysis.

## What's your goal?

- ✓ Engage Employees
- ✓ Raise Awareness
- ✓ See the Results
- ✓ Provide resources on how to make wellness an integral part of:
  - Whole-body health
  - Work site well-being and productivity

## Strengths

- Approachable, **non-judgmental**, non-prescriptive, active listener, and realistic goal setter.
- Provides **customized**, cost effective, engaging sessions suited to the demands of the time.
- Focuses on incorporating as much attendee participation as possible by adapting content and questions that reflect the attendees' immediate concerns.
- Sessions and 1:1 coaching are **tailored and flexible** for the employees' challenges with tangible takeaways.
- A small size provider, with personalized, sustainable results that don't get lost in the weeds. Provides impactful touchpoints versus checking the box.
- Works against a "one size fits all" approach to wellness.
- Cost effective!
- Creates a safe, judgement-free zone for employees to dig deep into intrinsic "whys" and understand the challenges for long-term sustainable change.
- YWS survey success rate is on average 100% positive! Reach out for an example of her survey results and employee feedback!







# Services & Benefits

## Services

- **Consults** on developing integrative well-being programming in alignment with an organization's initiatives. Outcomes focus on enhancing individuals' well-being that in turn will improve employee morale, productivity, collaboration and instill an organic company culture that thrives. The wellness program basics provide employees with the tools, information, processes, and resources to affect individual well-being which translates to effective engagement organizationally.
- **Well-being seminars** that focus on engagement and resources to motivate attendees to integrate wellness into their daily lives. 20 plus sessions available as well as custom-built sessions.
- **1:1 and group health coaching sessions** provided as a 3- or 6-month program that focuses on behavior and lifestyle change.

## Benefits

- Through awareness of mental health (resilience, stress, steam dynamics, anxiety), to physical well-being (movement, nutrition), to spiritual (volunteer, meditation), employees develop an awareness of how both individual challenges affect group dynamics and individual successes foster effective team building. YWS creates a safe, judgement-free zone for employees to dig deep into intrinsic "whys" and understand the root of their challenges for long-term sustainable change.
- Increased awareness of the importance of health and total well-being from nutrition, to physical, to mental, to the mind body connection.
- YWS discovery meetings include all aspects of understanding the organizational structure, demographic, dynamics, culture and technology platforms. YWS will work within the client's systems or can provide her own services depending on the scope.

## Service Formats

- Pre-recorded content.
- Live workshops and interactive presentations delivered in full length or abbreviated sessions held more frequently to address client's preferred timing.
- Tangible resources and materials.
- 1:1 and small group coaching as 3- or 6-month programs.
- Wellness program strategy development and implementation. Work with Your Wellness Scout to develop a stair step program that engages employees and pivots off company culture.
- Corporate Wellness Sessions – small, large group, webinar, in person – ranging from 45 minutes to 3 hour workshops.
- Team building sessions and group activities – virtual or in person.
- Pantry Make-Overs, Grocery Tours, Meal Planning, Demos, Wellness Challenges.
- Health Fair Management.
- Develop, customizable, integrative wellness programming that enhances individual well-being that in turn improves employee morale, productivity, collaboration, and overall health.
- Strategize, coordinate, and implement well-being challenges such as walking challenges, hydration challenges, and more either client created or via your health care carrier. Includes marketing and communication plans, mini-challenges, incentives, and engagement practices.



**Reach out to Your Wellness Scout to develop a customized plan for your needs.**

### Example Package – Year Contract

- Up to 2 meetings prior to the first session to develop the wellness plan and scope.
- Sessions – YWS works with client on their preferred cadence with at least one session/month.
- Up to 1 hour meeting per month or two smaller check-in sessions/month.
- Survey, survey analysis and reporting
- Marketing verbiage and fliers with client's logo incorporated.
- Other wellness initiatives – external speakers, challenges, newsletters, marketing.
- Sessions range from \$350/hour (live) to \$850/hour (recorded for use up to 2 years), to a \$250 “snack size” 20 minute recording for use up to 1 year.







# Programs, Workshops & Sessions

## Programs

(30 – 60 minutes)

- Working Parents Survival Guide
- Thrive

## Workshops

(60 – 90 minutes)

- Resilience Training: Strive to Thrive for Employee Well-being.

## Sessions

(45 – 60 minutes)

- Nutrition & Diet
- Mental Well-being
- Self-Care

## What's Included

- Virtual, in person, and/or recorded.
- Customizable length ranging from 45 min – 3 hours depending on your goals, plan and cadence.
- Marketing verbiage and fliers for internal promotion with client's logo included.
- Post session survey, reporting and final program evaluation report with cumulative survey results.



I look forward to sharing these sessions with your employees and learning how I can better support their wellness challenges to increase a healthy mindset, productivity, and work life balance.

— Kirsten Wright-Cirit, CWP

## PROGRAMS

### Working Parents Survival Guide

Whether new, seasoned, or soon-to-be parent, these sessions will help employees navigate the challenges of juggling their new priorities amidst balancing work and a career track. Employees will not only learn tips and resources from YWS, but also share with colleagues that have similar struggles, approaches, and solutions. Sessions include the following but are not exhaustive. YWS can also tailor for your employees' population.

#### Survival Guide Plans

##### Option A

Eight to ten sessions over 12 months. Each session is 60 minutes of a specific topic comprised of 30 minutes of content and 30 minutes of discussion/sharing/Q&A.

##### Option B

Same as Option A and also includes a bi-weekly 30 minute small group discussions.

The following is a list of the most selected sessions. Additional topics possible.

##### ➤ Meal Planning 101, 201 & 301

Three unique sessions with each addressing the challenges to meal planning and discussing feasible solutions for incorporating meal planning into daily life.

##### ➤ Unlocking the Power of Sleep: Total Body Practices for Sleep that Starts with Waking Up!

Best practices for a bedtime routine for the whole family starting with waking up.

##### ➤ Teamwork and Reconnection

Working with your spouse beyond damage control and crises management.

##### ➤ Self-Care for YOU!

Ensure "YOU" do not get lost while taking care of others; addressed either as "10 Ways to Nourish Yourself" or "Be Your B.E.S.T. Self". (See Wellness Sessions)

##### ➤ Patience and Parent Guilt

How do we juggle parent guilt after working a full day? How can self-care work without parent guilt? How do we have patience with our kids and ourselves after a long day?

##### ➤ Preparing your Family for Pregnancy, Birth, and Beyond

Learn healthy eating, movement and more for having a healthy pregnancy!

##### ➤ Juggling Identities

This interactive session is devoted to helping employees address the competing "hats" they wear for work, home, and self to achieve a realistic balance.

##### ➤ Spousal Communication: Preventative vs. Damage Control

This session delves into the tag teaming required to juggle work and family life while still reconnecting with the spouse. Nurturing the team component as well as the pre-child relationship.

##### ➤ Social Media: You & Your Kids

This session delves into social media from two angles. The effects of screen time on your kids (and you) and the role of social media as a positive impact or hindrance in connecting with others on parenting. Do you experience FOMO with social media? Do you and your spouse have different rules when it comes to screen time?

##### ➤ Holidays+Kids+Time = Chaos

Don't let the holidays wear you down. Learn how to maintain wellness and a mindset of calm during the holiday craziness.

##### ➤ AND MORE!

Over 10 additional topics for parents to dive into, discuss and learn!



## PROGRAMS (continued)

### THRIVE

#### Four 30-min Sessions\*

Join us to THRIVE! YWS will provide four 30-minute sessions, with each session focusing on one dimension of wellness from her THRIVE series that affects home, mind, and body! This weekly or bi-weekly virtual or in person seminar series supports employers and employees in managing resilience-based wellness topics, stress, and coping skills. In just 30 minutes of content, discussion and Q&A, learn sustainable wellness tidbits to improve your total well-being and thus your daily productivity, mood, and more!

#### ➤ Healthy Home

Create a home office that fosters productivity and total body health! Sitting all day has serious implications for health and disease risk - (according to 2002 WHO report!). So, let's work offensively when working from home with ergonomics, physical and nutritional quick tips to create a productive and well minded environment!

#### ➤ Reframing Obstacles

Discuss ways of evaluating mindset challenges and focus on positive alternatives in a time of uncertainty.

#### ➤ Boost Immunity

Boosting immunity is a great habit any time of the year. Learn small changes, taking just a few minutes a day, that can make a big impact on mental and physical well-being.

#### ➤ Social Connection

Discuss ways to maintain relationships and engagement with a hybrid work force. Learn how a lack of social connection can impact physical health and what you can do to help yourself and others reconnect in a very virtual busy world.

*\*Switch out one or two of the topics with "Mindful Snacking" or another related topic from Your Wellness Scout's wellness sessions that aligns with your well-being strategy!*



## WORKSHOP

### Resilience Training: Strive to Thrive for Employee Well-Being

#### 90-min Session\*

This 90-minute plus workshop provides employees with firsthand tools to build resilience and learn to thrive in stressful situations. Increased stress and the inability to manage stress with healthy tools is a growing challenge for individuals and corporations affecting productivity, health, quality of life and even the bottom line. Whether small daily irritations or long-term challenges, continual stress increases exhaustion, chronic disease, and depression.

Learn how to move beyond coping towards thriving within stress and the consciousness to grow and learn from life's challenges. Employees will walk away with a better understanding of their own personal and professional stress and how to improve their ability to thrive with stress.

*\*The pricing for this workshop differs from the standard listing. YWS can also conduct this session as an abbreviated 60 minute session.*

## SESSIONS / WORKPLACE WELL-BEING

### Human Performance

#### ➤ **Mindful Meal Planning and Spending Plan**

With guest financial planner and spending analyst – Caroleen Verly. Mindful Eating on a budget! Meet your health goals AND financial goals simultaneously.

This session delves into meal planning and eating within a budget. Learn how you don't have to spend tons of money to eat healthy as well as quick tips on how to create a spending plan for dining out and meal planning. YWS is joined by cash flow planning and financial coach, Caroleen Verly. This session is included in the regular package at no extra cost. With inflation not abating, it's sometimes hard to know where and how one's money is being spent and where to indulge in shortcuts in food and spending. Thus, it's an ideal session for addressing financial wellness and health.

#### ➤ **Energize your Lunch: Eating for energy at all times of the day!**

Learn how to construct or choose a lunch that energizes you through the afternoon. YWS tailors this presentation based on your organization's lunch options in the office and surrounding area as well as discusses how to pack an energizing lunch and snacks!

#### ➤ **Mindful Eating: Being present in decisions about food for a healthier you!**

Understand how to make mindful choices around food based on its impact on mood, energy and well-being. Learn how to eat mindfully in practice!

#### ➤ **Mindful Snacking: Navigating when snack attack hits at work!**

Learn why you snack, the positive and negative effects of snacking on the body, how to mindfully snack and combat the challenges of unhealthy snacking. You can snack to help the body! This session also delves into label reading and product comparison for making healthier snack choices.

#### ➤ **Mindful Meal Planning: What, How, and When Am I Supposed to Eat Healthy?**

In this interactive session, learn the various elements to successful, efficient, and healthy meal planning with a focus on mindfulness and how being mindful can affect your health for success. The session will delve into tips and tricks for understanding the several elements to energizing and mindful meal plans with an eye towards limited resources, budget, and time. This session can also incorporate mindful eating for kids!

#### ➤ **Holiday Wellness Maintenance: Navigating the Festive Frenzy with Intention, Balance, and Joy**

Before the holidays blindside you and your family this year, get a head start on your wellness, sanity, and holiday spirit. Bring your greatest challenges of the holiday juggle between work, family, and friends to the session. This season focus on setting an intention to overcome the challenges of meal planning and enter the holidays with a mindset of enjoyment, not denial! This session can be conducted in one or two parts with Part 1 focusing on healthy meals during the holidays and Part 2 focusing on managing all the elements of wellness during the holiday craziness.

#### ➤ **Eat Well, Be Well**

Learn the basics of good nutrition and the impact on mind and body. Sometimes we all need a back to basics refresher on how to construct and choose meals that provide energy and satisfaction.





## SESSIONS / WORKPLACE WELL-BEING

### Human Performance (continued)

#### ➤ **Road Warrior Survival Guide: Learn to Thrive within the Hotel and Airport Foodscape for Mind and Body Wellness**

Surviving the hotel and airport foodscape to maintain your wellness in mind and body can be challenging! This session guides attendees to focus on smart food choices, ways to stay energized and incorporate bursts of activity to survive the wellness challenges of travel.

#### ➤ **Transforming and Simplifying Your Meal Preparation**

Need help with the basics? YWS provides tips on how to cook once and eat twice as well as uncomplicated ways to repurpose “leftovers” and bring your meals to work. This session can be a virtual demo or an in-person hands on demonstration and can be extended by 30 minutes to include the workshop – **Efficient Meal Preparation**, a hands-on demo to help employees plan their breakfast, lunch, and dinner whether its prepared at home, purchased or made via a meal delivery service. *Inquire for separate pricing.*

#### ➤ **Sugar Shock Unveiling Sugar’s Impact on Whole Body Health and Crafting a Sweet Strategy for Reduction**

Learn the impact of sugar on short- and long-term health, how to decipher hidden sugars, and strategies for reducing sugar without denial.

#### ➤ **Optimizing Gut Health Through Diet**

In this comprehensive session, we delve into the crucial role of gut health in overall well-being, exploring its profound impact on digestion, immunity, mental health, and chronic disease prevention. Learn how your diet directly influences your gut microbiome and discover which foods can help you maintain a healthy gut. Don’t miss out on this opportunity to take charge of your health from the inside out!

#### ➤ **Guilt-Free Holiday Cooking: Indulge and Enjoy with Balance**

Before the holidays blindsides you and your family this year, get a head start on your wellness, sanity, and holiday spirit. Bring your greatest challenges of holiday cooking and eating as we discover how to enjoy all the flavors of the holiday season while making mindful, healthier choices (that still taste good!). We’ll explore simple cooking techniques, ingredient swaps, and creative recipes that let you indulge in festive favorites without compromising on taste or well-being.

#### ➤ **Strengthen Your Defenses: Effective Strategies to Boost Your Immunity**

Fall is approaching! Are you sick already?? Boosting immunity is a great habit regardless of pandemics and the time of year! In this session, discover how small, sustainable changes can significantly boost your immune system and enhance both mental and physical well-being. We’ll explore simple strategies – from nutrition and hydration to stress management and sleep habits – that can strengthen your body’s defenses while improving your health and mood.



## SESSIONS / WORKPLACE WELL-BEING

### Mental Well-being

#### ➤ **Communication Variables: Navigating the Communication Landscape by Building Stronger Teams and Smoother Relationships**

Take a journey to strengthen communication within and among teams by learning the four types of communication styles. What is your communication style and what tools can you use to create effective, interactive workplace interactions? Come prepared to explore the specific ways you can manage communication types to reconnect within and among teams as well as unlock the impediments to making change. You might even pick up a few tips for those tricky partner communication challenges too!

#### ➤ **New Year's Challenges: Creating Sustainable Resolutions**

New Year's Resolutions provide a reason and motivation to make changes to your everyday life. However, many struggle to find a resolution that inspires them or continues throughout the year. This session addresses resolutions in a sustainable means through understanding language and mindset, choosing a new habit with purpose, value and meaning, and breaking down self-sabotage.

#### ➤ **Combat Stress with an "Attitude of Gratitude"**

During times of stress and uncertainty, drawing upon the power of positive psychology exercises can shift mindsets from frustrated to thriving. An attitude of gratitude is one technique individuals and organizations use to motivate and inspire individuals and groups towards thriving and productivity, as well as to mitigate the effects of stress. This interactive session discusses techniques on how to use the power of gratitude to improve emotional fitness.



#### ➤ **Balancing Roles & Juggling Identities with Ease**

Do you wear multiple hats throughout the day? Parent/caregiver, employee, manager, spouse and even as a child to an aging parent. Where does this leave "You"? Each one is equally important, but often means being pulled in multiple directions with competing expectations. This can wreak havoc on your mental well-being! Join YWS in this interactive session devoted to helping you address the competing "hats" you wear for work, home, and self to achieve a realistic balance; by setting boundaries and establishing clear partner roles.

#### ➤ **Stress & You: Unraveling Stress and it's impact on Your Physical, Mental and Emotional Health**

Learn how stress affects all aspects of your health – physical, mental, and emotional. After learning the benefits of reducing stress, tackle tips and tools to reduce and manage stress at home and at work.

### Self-Care

#### ➤ **Healthy Inside and Out: Navigating Topical Health for Teeth, Skin, and Toxins**

In our modern world, maintaining optimal health extends beyond just what we eat and how much we exercise. Topical health, which encompasses the care and maintenance of our teeth, skin, and minimizing exposure to toxins, plays a crucial role in our overall well-being. This informative session, is designed to provide participants with practical insights and actionable strategies for enhancing their topical health and promoting longevity.

#### ➤ **10 Ways to Nourish Yourself**

Learn 10 Ways to increase your self-care, care for others and add some peace to your routine. This session focuses on integrating these practices feasibly into daily life. Attendees are encouraged to choose one self-care tip and outline how they will integrate it into their routine.



## SESSIONS / WORKPLACE WELL-BEING

### Self-Care (continued)

#### ➤ **4 Ways to Nourish Yourself**

An excerpt of the 10 Ways to Nourish Yourself Workshop with a deeper focus on the four critical areas for self-nourishment, re-centering, and energy.

#### ➤ **Be your B.E.S.T Self**

Balance, energy, stress, and self-love are interconnected wheels with each element giving strength or draining from the other. Learn tips and tricks for becoming Balanced, Energized, Stress-Free, and full of TLC!

#### ➤ **Changing Habits: Crowd Out Unhealthy Habits with Healthy Ones**

We all have them – unhealthy habits we regret having but feel too pessimistic to change. This working session focuses not only on identifying unhealthy habits, but also the triggers causing them and how to implement healthier habits to crowd out the unhealthy ones. Due to working through potential sensitive information, this session incorporates individual and group exercises.

#### ➤ **Self-Care: Making it Work for YOU During the Crazy Times**

Do you get tired of hearing you need to add kale, yoga, meditation, sleep, relationship care, eating well and more to your already packed day? With all the external and personal demands, have you lost yourself along the way leaving you drained, unfocused, and grumpy? This interactive session will delve into learning how to make self-care work for you without feeling overwhelmed; discuss how to maximize the benefit of self-care through sharing challenges; and identify triggers for indulgences and self-sabotage. Walk away with tips and practices that you can implement tomorrow to stay in your Zen through the coming year of change!

*This session is most effective when following – 10 Ways (or 4 Ways) to Nourish Yourself.*

#### ➤ **8 Ways to be Productive**

This session fully explores and discusses the practical application of Dr. Huberman Lab's famous protocols on being productive! Learn how to tap into one's ability for high productivity – physically and mentally.

#### ➤ **Healthy Home: Fostering Productivity & Whole Body Health at Home!**

Based off the 35 minute THRIVE session, this session delves deeper into the mechanics of setting up a home that fosters a balanced, healthy, and thriving lifestyle.

#### ➤ **Where Caregiving Matters: Navigating the Challenges of Working Parenthood and Caregiving with Grace and Self-Care**

Whether a working parent and/or a caregiver, juggling a career, family and your own needs is daunting, especially with the stressors of world events. Challenges from meal planning, sleep, spouse/partner communication and especially parent/caregiver guilt are exacerbated, however you can incorporate some simple tips in your day to ease the challenges and avoid feeling exhausted and defeated. This session delves into behaviors associated with caregiver guilt as well as practical tips to incorporate self-care.

#### ➤ **Embrace Your Self: Nurturing Love for Inner and Outer Beauty!**

In a world that often bombards us with unrealistic beauty standards and constant comparisons, it's crucial to cultivate a mindset of self-love that extends beyond just physical appearance. This session is about embracing your body and mind with kindness, acceptance, and appreciation in all areas – physical, mental, and emotional - rather than striving to fit into another's idea of perfection. Join Your Wellness Scout in an interactive self-discovery exploring how self-criticism, self-compassion, electronic devices and even self-care can negatively and positively impact self-love! Let's create a foundation of inner peace, confidence, and resilience that radiates in and out!

## SESSIONS / WORKPLACE WELL-BEING

### Self-Care (continued)

#### ➤ **Spring Clean: Spring Cleaning the Mind, Body, and Home**

Decluttering for Success! This session provides a high-level overview of spring cleaning with tips on how to spring clean the physical environment (organizing, decluttering, and cleaning the body (detox, cleanses and eating), and the mind (shifting perspective to peace). Attendees will leave feeling inspired and motivated to embrace a new season with a clear mind, healthy body, and a clutter-free home.

#### ➤ **Embracing Winter: Finding Warmth, Comfort, and Wellness with Hygge**

Embrace the quiet beauty of winter by diving into the Danish concept of \*hygge\* – finding comfort, warmth, and joy in the simple pleasures of the season. In this session, we'll explore how to create a cozy atmosphere at home, savor comforting foods, and find balance during the darker months; especially when we all feel like hibernating! We can nourish both body and soul with mindful practices, tips and more that can help one relax, unwind, and find contentment this winter season – experience “Hygge”!

### Worksite Wellness

These sessions are specifically created for HR, Wellness Educators and/or wellness champions trying to enhance their workplace well-being programs.

#### ➤ **Achieving Wellness at Work**

Tips for incorporating wellness into daily life without sacrificing productivity. How can you tap into physical and personnel resources to create a culture of well-being. Discuss everything from using the physical space to important conversations of stakeholders in designing a culture of health from the grassroots level!

#### ➤ **DIY (Do it yourself) Wellness Tips**

Economical and resourceful tips for implementing wellness services.

#### ➤ **Re-evaluating Employees' ROI**

Shifting how we measure employee wellness and added value from ROI to VOI.





# Partnerships

## Past and Current Corporate Clients (Since 2014)

A.I.M. Insurance Companies	CIC Cambridge	Northeastern University
Adelphi Values	FISH Law Offices	Pegasystems
Allena Pharmaceuticals	Foundation Medicine	Staples, Inc.
All One Health	Longfellow Property	TransAction Associates
Babson College	Marathon Sports	Vinfen
Biotech – anonymous	Middlesex Police Department	We Work
By Appointment Only	MIT	WellRight

## Organizations – Wellness Initiatives

9 Miles East	National Corporate Fitness Institute	Simplafyi
Balancing Life's Issues	Natural Awakenings Magazine Boston	Steeped Tea
Boston Organics	Pantry Boston	<i>Untangle Your Money:</i> Caroleen Verly
Fit Happens Intentionally		Wellable
KIND Bars		



Your Wellness Scout provides coaching, resources, and strategies to design a culture of well-being that integrates sustainable solutions, and shifts mindset practices without tipping the work, life, family, balance.



# Testimonials



The most significant change I have noticed has been feeling better, cleaner is how I think of it. In the couple of times, I've made really bad choices over a couple of days, I feel the difference which I wasn't aware of previously. I would describe YWS as **kind, caring, empathetic, a wealth of knowledge on gut health and a really easy person to talk to**. I would recommend YWS to anyone who wants to make lifestyle changes, eat healthier, and feel better.

— **Kathleen S., Massachusetts**  
**1:1 Client from Corporate Session**



Kirsten provided two very engaging and informative sessions at our office! Kirsten reached many women in the room and over teleconference...**she blew me away, going beyond meal planning, and digging deeper into root causes around issues affecting identity, self-care, and well-being**. Kirsten **provided many "lightbulb" moments** throughout the seminar. Kirsten fostered a very **non-judgemental environment** where people felt comfortable being open and honest about their wellness challenges – even in front of a room full of their colleagues...Kirsten ensured the group was able to get **maximum value in a short amount of time** by summarizing challenges broadly to make them relatable for everyone, providing specific solutions, and connecting individuals with personalized suggestions. I would describe YWS, as **realistic, approachable, engaging**, and an excellent facilitator and would recommend YWS to anyone who wants to make a change...She is an **honest partner** who asks the right questions and will help you get started on the journey that is right for you.

— **Abby Miller, Chairperson Women**  
**Who Lead, Staples, Inc. Headquarters**

**View more testimonials at:**  
**[www.yourwellnessscout.com](http://www.yourwellnessscout.com)**



Providing me with varied approaches to tackle each goal in a very individualized way, Kirsten held me accountable to the goals I set, and **if she saw me struggling, she supported me emotionally and worked hard to find other ways to help me meet my goals**. Kirsten is an **endless source of helpful and applicable knowledge**. I have a new found love for my kitchen and cooking has become a creative and nourishing process for me. Kirsten has helped me see the importance of nutritious food as the fuel to a pain – free and energetic life. Kirsten has helped me **find and organize the tools I turn to on a daily basis to help me approach life with a clear mind and optimistic outlook**...these tools continuously help me stay on track and keep me focused on the routines that keep me healthy and happy. A **supportive, empowering and empathetic friend**, Kirsten always listens with no judgement and never fails to find a way to **put things into perspective**. She is a truth seeker and is not afraid of finding the true source of behaviors that have held you back from leading a truly healthy and balanced life. Kirsten holds you accountable to your goals, but never makes you feel like you are on your own. She is truly coaching you along the entire way. I especially appreciated Kirsten's ability to **incorporate recommendations that accommodated my situation**.

— **Masha D. Coral, Gables, FL**



Educating student entrepreneurs on the topic of mental health and resilience has become an important part of the education they receive through our programs. Enlisting Kirsten ensures that we provide this education in the most **professional and impactful way possible**. Making our students aware of the types and effects of mental health challenges in their entrepreneurial journeys. The top three reasons to continue working with YWS is **depth of knowledge, professionalism and impact**. YWS is **genuinely interested in the success of their clients**. I would definitely recommend YWS to colleagues and friends.

— **Ted Johnson, Associate Director**  
**The Michael J. and Ann Sherman Center**  
**for Engineering Entrepreneurship Education,**  
**Northeastern University**

# Contact Kirsten



## Kirsten Wright-Cirit, CWP

Certified Wellness Practitioner  
& Certified Holistic Health Coach

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**Contact Your Wellness Scout  
for a consultation today!**



Join Your Wellness Scout in empowering YOUR employees to understand the “Why” of wellness versus just checking a box; making wellness organic and fully integrated into daily life! I can’t wait to integrate sustainable, customized wellness solutions for you!

— Kirsten Wright-Cirit, CWP