

Benefits of Coaching



Hold you accountable



Help you gain clarity



Create a plan to reach your goals



Gives you unbiased input



Puts the focus on you

Coaching Can Help With:

- Weight Management
- Nutrition
- Physical Activity
- Stress Management
- Chronic Condition Management
- Sleep Quality
- Tobacco Cessation

Innovative Workplace Wellness coaches can help you make positive and lasting behavior changes to support your lifestyle. Together with your coach, you will work on a personalized program that will help you identify areas to change, make realistic and attainable goals, and prepare you for future success. Our experienced, certified coaches will support you every step of the way.

Getting started is easy!

Contact Innovative Workplace Wellness at
Email: wellness@ibpllc.com
Phone: 888-427-7383
and we will have a coach contact you!

Coaching is 100% confidential.
Anything discussed in your sessions will never be shared with your employer.



Innovative
WORKPLACE WELLNESS

ibpllc.com | 888-427-7383

Resources: <https://www.health.harvard.edu/>

Please note that this informational brochure is educational and is not intended for diagnosis and/or treatment.



Innovative
WORKPLACE WELLNESS

Health and Wellness Coaching



Meet Samantha Frank

Wellness Coordinator



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What is Health and Wellness Coaching?

Your journey towards living a healthier life is not one you need to take alone. Health and wellness coaching encourages positive behavior change through sustainable and realistic lifestyle modifications.

Learn How To

- ✓ Make lasting lifestyle changes
- ✓ Increase exercise
- ✓ Manage stress
- ✓ Eat healthier
- ✓ Prioritize self-care
- ✓ Make an action plan

Your dedicated Wellness Coach, Samantha, can provide you with the information and skills that you need to better manage your lifestyle, so that you can live a happier, healthier life.



epolaneczky@ibpllc.com
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Meet Erica Polaneczky, MSN, APRN, ANP-C

Nurse Advocate

What is Chronic Condition Coaching?

Chronic Condition Coaching helps you achieve your best health and wellbeing while managing conditions like heart disease, high blood pressure, diabetes, high cholesterol, stroke, lung disease, arthritis, back pain, and more. It can help you understand your chronic disease and support you with the management of your treatment plan.

Learn How To

- ✓ Manage your symptoms
- ✓ Treat side effects
- ✓ Manage stress
- ✓ Manage your medication
- ✓ Improve communication
- ✓ Make an action plan

Your experienced Nurse Advocate, Erica, can provide you with education, problem-solving tools, and confidence to help you better manage your health condition.