



## **Health & Well-being Consulting for Companies**

### **Moving People From Stuck To Meaningful Action.**

GIG Design is a team of health consultants who help employees and companies achieve health and wellbeing goals. Our approach is client-centered, evidence-based and process-oriented in order to create the best potential for sustainable, long-term success that sticks.

### **Why Use Our Services?**

Healthy employees that feel good are often more productive. For many people, “getting healthy” means crash diets, and the next wellness fad. The problem: Quick-fix changes often create a yo-yo effect that aggravates stress. We don’t do quick fixes at GIG. Instead, we collaborate with employees to create long-term plans built around evidenced-based nutrition, fitness, sleep, stress- and time-management activities.

### **What Makes Us Unique.**

Our business is owned and operated by occupational therapy practitioners who are committed to helping people live life to its fullest. Occupational therapy, coaching, and design-thinking is our model of services for improving your employees performance, skills, and self-determination to accept meaningful challenges at work and in their life.

#### **Certifications & Specialities**

Nutrition  
Fitness  
Sleep, recovery, and stress management  
Sensory defensiveness  
Environment  
Existential  
Violence

#### **Client Focus**

LGBTQ+

**Age:** Adults

**Pay By:** Cash, Check, Health Savings Account

No accepted insurance plans

#### **Issues**

Enhancement in occupational performance  
Change adaptability  
Health  
Participation  
Prevention  
Quality of life  
Role of competence  
Self Advocacy  
Occupational justice  
Medication & disease management  
Ergonomics  
Work-life regulation

## BUSINESS SERVICES

*GIG Design takes the long view in creating evidence-based plans for businesses — because that's what actually works. In an era of short-term wellness campaigns and paying people to change habits, GIG focuses on teaching and coaching employees to help businesses build healthier cultures.*

**Company Whole Person Health Screening.** We often begin with an online screening of your employees — from your entire company to a division or single location — then give you a data-based report on the overall physical, mental/emotional, environmental, and social factors that your team is experiencing. Using that data, we'll provide you with a series of recommendations and resources for company-wide, small groups, or individuals.

**Customized Business Consulting.** We offer a variety of customizable services to clients who are interested in helping boost their employees' health, engagement, productivity and overall job satisfaction. Whether you'd like us to work with a single employee or are looking for an enterprise-level service, GIG can customize and deliver through our team of health professionals. Webinars, workshops, resource guides and seminars are available on a variety of related topics including work-from-home, work-life regulation, collaborative workspaces, onsite stress management activities and more.

**Individualized Employee Coaching.** We'll meet with your employee to create an individualized plan built around evidence-based practices and necessary skills. Then, we'll define a set timeline to meet regularly, including check-in's and accountability, to monitor and observe trend progress, collaborate on limiting factors, and share accountability. Throughout the process, we'll provide the employer with data-driven updates on their employees health. Individualized employee coaching requires a minimum commitment of 6 weeks per employee.

**Work from Home (WFH) Health Screening.** If you have staff working remotely, we can help make their work-from-home experience safer and more productive. We start with a general screening of each remote employee, then give you a data-based report, recommendations, and resource materials that you can share with your staff.

**WFH Health Consulting.** If an employee screening uncovers issues that one or more of your employees are experiencing, we can offer a variety of customizable consulting services — including ergonomic audits, workspace assessments, webinars, seminars and other resources.

**WFH Health Coaching.** If one or more of your remote staff is really struggling, we can help with individualized employee coaching to address the challenges that are affecting their health and productivity. WFH health coaching requires a minimum commitment of 10 weeks per employee.

Call 616-777-7631 or email [info@gigdesign.me](mailto:info@gigdesign.me) to discuss your company's needs.