

# Wellness Risk Management

## Brief Overview

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**Transitioning to Wellness Risk Management - Instructor/Coach/Guide**

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

### **Making Wellness a Priority**

**Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness**

<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>

<https://ChronicDiseasePreventionStrategies.com>

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**Wellness Risk Management (WRM)** is an ambitious program with a difficult mandate. It is designed to help people improve their Wellness and teach Chronic Disease Prevention Strategies. No therapies are provided. WRM is in the **Self-Help** genre helping people help themselves.

- First, Wellness Risk Management measures Wellness in a multi dimensional online protocol.
- After that, workshops are provided to help people focus on the specific science they need that was identified as their customized priorities.
- Help is provided to complete the online measurement and the workshops.

Five documents are produced for each participant with anonymity protected.

1. Report of Findings (35 pages)
2. Action Plan List
3. Progress Chart
4. WRM Instructor Notes (35 pages)
5. Health Provider Two Page Brief

### **Research Statistics**

The workforce in a country is the go-to place for Wellness Risk Management. Consequently Wellness Risk Management logs ANONYMOUS statistics for each research cohort in a company. This way both Wellness Risk Management, and the company management team, can track progress of a cohort on an anonymous basis.

**Please contact Wellness Risk Management to enrol your company.**

Learn about **Wellness**, about **Risk** and about **Management**.