

Capability Statement



WELLNESS WORKSHOPS & EVENTS

CORE CAPABILITIES

Tii Fit Wellness was created in 2018 with the desire to promote wellness within the workplace. Working in corporate America for ten years as an electrical/quality engineer allowed me to understand the stresses and demands that come with the workforce. I will utilize continuous improvement and root cause analysis methods to **design** and **execute** a **custom workshop, event, or class** that covers one to three pillars of wellness (**physical, mental, and nutritional**). My goal is to make wellness **approachable, practical, and convenient** within your organization.

DIFFERENTIATORS


- **Custom content** designed for your workplace environment
- **Program Roll Out** to increase engagement and participation
- **Online or In-Person** Classes & Workshops
- Proven to **influence healthy habit development**

AREAS OF EXPERTISE

Wellness Coaching

- ISSA CPT
- E-RYT 200
- 8+ years of teaching fitness classes at the YMCA, Esporta, Crunch, and Anytime Fitness
- Designing & Facilitating Wellness Workshops
- Designing & Facilitating Fitness Classes
- Designing & Facilitating Wellness Events

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PAST PERFORMANCE



P&G TechnovAAtion

The R&D team at P&G invited me to speak about workplace wellness. In this hybrid event, I focused on what self-care in the workplace looks like and how to incorporate it within their work environment.



HILLS Properties Balancing Health through the Holidays

Designed and led a custom online workshop focusing on wellness in the workplace. It covered three pillars of wellness; physical, nutritional, and mental.



Kroger Wellness Festival

Led a one hour fitness experience at the festival. My segment consisted of a cardio/dance fitness routine.



Fitness Classes

Partnered with CMHA to provide multiple yoga sessions for their employees.

COMPANY DATA

NAICS Codes

812990

541611

713940

2022 CERTIFIED
OhioMBE
Minority Business Enterprise

2022 CERTIFIED
OhioWBE
Women-Owned Business Enterprise

UEI
YGFKBXMGGV7

UNSPC Codes
91101501