



BOLSTER^{UP!}
— HAPPY HEALTHY HUMAN —

Organizational Well Being

PROGRAM

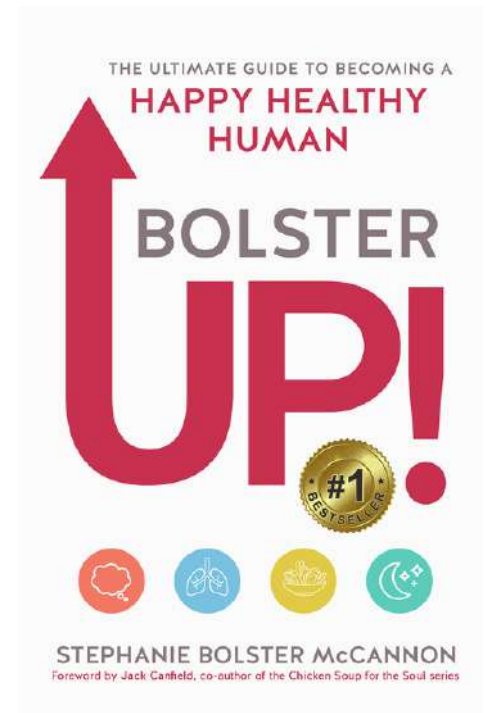
Customized Wellness Services

BOLSTERUP!

About

BolsterUp is a comprehensive training and coaching company led by Stephanie Bolster McCannon, Organizational Wellness psychologist, Certified Health and Wellness Coach, and author. BolsterUp! supports the wellbeing of the organization through optimal employee success training in person, and online through multiple programs.

Ms. McCannon is a global trainer and author of best selling book, BolsterUp: The Ultimate Guide to Being a Happy Health Human.



Vission

"To be one of world's leading wellbeing consultant agencies".

Mission

BolsterUp is an organizational development and wellbeing company offering consulting, comprehensive programs and coaching services. BolsterUp believes supporting the success of each Individual is the best, and most cost effective means for a thriving, profitable and sustainable future for humanity.



**Stephanie
Bolster
McCannon**

CEO of BolsterUP

THE BOLSTERUP METHOD



First Service

Onsite, relevant, and engaging events. Choose from an extensive list of hot topics, and proven programs to transform the Individual employee, teams, and whole organizations. *see Topics for a list of current offerings



Second Service

Online ready-to-go Interactive, Individual or packaged programs that are self-paced videos Including workbooks, worksheets, and opportunities for group coaching.



Third Service

Consultation for organizational wellness programs, Improved participation, outcomes and continued Involvement to maximize dollars spent and minimize loss.

Topics: Onsite/Virtual/On the Go

POPULAR

BolsterUp! Core 4
Stress Management
Communication Skills
Time (Task) Challenges
Confidence
Vision and Goal Setting
Motivation
Core Needs and Values
Natural Strengths
Being Productive

IN DEMAND

Best Year Ever
Gut Health Protocol
Self Care Protocol
Kids Mental Wellness
30 Healthy Habits to Thrive
Hormone Health for All
Sugar Detox
Happiness Now

CLIENTS REVIEW



"Professionalism and Support Are Highly Maintained"

It was awesome meeting you yesterday. Thank you so much for the wonderful sessions that gave us a fresh take on mindfulness and meditation - it was much needed! I will definitely be in touch to discuss future sessions on Mindfulness and eating.



"Energetic, Engaging and Informatitive."

"OMG...!!! My staff absolutely LOVED Stephanie, loved her. She was passionate, motivated, energetic, simply wonderful. We are going to talk about bringing her back to another OE meeting, for longer than an hour, very soon!




"The Quality of Coaching Produced is Very High Value"

I just want to thank you personally for all your excellent guidance which has truly helped improve my health. You are an outstanding professional and your efforts have changed my perceptions about the value of health coaches.



Together we build happy,
health lives. Contact Ms.
McCannon now your for next
helpful event.

A portrait of Stephanie Bolster McCannon, a woman with blonde wavy hair, wearing a black top, smiling broadly with her arms raised. The image is semi-transparent and overlaid on a grey background.

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