

ASK *Coach Amanda*

Elevate Employee Wellness, Improve Retention, and Strengthen Your Bottom Line

Ask Coach Amanda offers wellness workshops and training to enhance employee well-being, reduce stress, and improve overall health. Led by Dr. Amanda Romine-Nelson, a licensed pharmacist and holistic wellness coach, these programs empower teams and drive organizational success.



Ask Coach Amanda
Be Your Best - Give Your Best!

Why Choose Ask Coach Amanda?

Dr. Amanda combines her expertise in pharmacy and holistic coaching to deliver transformative, evidence-based workshops designed to tackle the core challenges of employee wellness. Her sessions are interactive, practical, and tailored to meet the unique needs of your organization, fostering a culture of wellness that is inclusive and actionable for all team members.

Bring Ask Coach Amanda to Your Organization

Ready to transform your workplace into a hub of wellness, productivity, and positivity? Let Ask Coach Amanda help you reduce costs, enhance employee well-being, and foster a thriving workplace culture with customized, results-driven wellness workshops designed to meet your organization's unique goals.

KEY BENEFITS of ASK COACH AMANDA

Workshops and Trainings

ENHANCE EMPLOYEE PRODUCTIVITY AND ENGAGEMENT



Studies show wellness programs drive measurable improvements in workplace performance, with participants reporting up to 20% productivity increase. These initiatives also reduce workplace stress, fostering a more focused and motivated workforce.

SUPPORT YOUR MENTAL HEALTH AND EMOTIONAL WELL-BEING



Equipping employees with tools to manage stress, reduce anxiety, build resilience, and maintain focus enhances their ability to navigate challenges and reduces the risk of burnout.

BOOST EMPLOYEE RETENTION



Organizations that invest in employee well-being experience higher retention rates. Studies reveal that 89% of employees are more likely to remain with companies that prioritize their health and wellness.

IMPACT YOUR BOTTOM LINE



Investing in wellness yields significant returns, with an average ROI of \$3.27 for every dollar spent. Companies benefit from reduced healthcare costs, fewer absences, and improved employee performance.

ACHIEVE KEY WELLNESS METRICS



Wellness programs lead to measurable improvements in employee health, from better sleep and reduced stress to lower blood pressure, contributing to fewer sick days and decreased healthcare premiums.

Feedback - Smiles by Stylos

Dental Office Example

OBJECTIVES



Enhance employee well-being, reduce stress, and support health in a high-pressure dental office.

CHALLENGE



Smiles by Stylos faced stress-related challenges like tight schedules, high pressure, and confidence in fielding specific health-related patient questions related to a new study.

SOLUTION



Dr. Amanda crafted interactive workshops on stress management, nutrition, and mindset wellness tailored to the team's needs. These sessions provided practical tools employees could apply daily.



The Testimonial

Coach Amanda's presentation provided our team with a better understanding of why insulin resistance is at the core of so many chronic disease states our patients, as well as our team, and loved ones suffer from daily. We appreciated her ability to take complex concepts and make them easy to understand and interesting at the same time. Our team thoroughly enjoyed the information she presented and can't wait to have her back!"

- Dr. Louis Stylos, Smiles By Stylos



Ask Coach Amanda is led by Dr. Amanda Romine-Nelson, a Doctor of Pharmacy, licensed Pharmacist, and experienced wellness and life coach with a passion for transforming health and wellness through natural, sustainable approaches. With over two decades of healthcare experience and a specialized focus on decreasing medication reliance and empowering people to thrive, Ask Coach Amanda workshops are grounded in scientific expertise and a deep understanding of holistic health principles.



Led by Dr. Amanda Romine-Nelson, a licensed pharmacist with 15+ years of experience blending science and holistic wellness.



Workshops address root causes of health challenges, driving lasting improvements in morale, productivity, and absenteeism.



Engaging sessions equip employees with actionable strategies for stress management and resilience.



From small offices like Smiles by Stylos to larger teams, Dr. Amanda creates measurable wellness shifts.

Ready to boost wellness and build a thriving workplace? Partner with Ask Coach Amanda for tailored workshops that deliver results. Let's get started!



DR. AMANDA ROMINE-NELSON, PHARMD, RPH

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