

# Dr. Alice Burron

Transformational Health Speaker / Consultant



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Just as we rely on specialists for financial planning, marketing strategies, and legal matters, integrating the insights and strategies of a seasoned consultant is essential for navigating the complexities of employee well-being and organizational health. **By neglecting to engage a wellness program expert, organizations risk missing out on invaluable opportunities to optimize their wellness initiatives, address pressing concerns such as high turnover rates and skyrocketing healthcare costs, and ultimately position themselves as employers of choice.** Invest in expertise that drives tangible results and ensures the well-being of your workforce - because when it comes to fostering a thriving organizational culture, consulting with a wellness program expert is not just beneficial; it's indispensable.

## Why You Need a Wellness Program Consultant

- Gain insights and strategies to enhance existing wellness initiatives
- Incorporate empathy to create a sense of belonging
- Provide perspective into alternative health improvement options
- Use marketing strategies that influence and persuade
- Provide a personalized approach through self-awareness that incorporates personal ideology and philosophy
- Design programs that empower, not just teach, health-promoting practices
- Helps aligns organizational objectives with employee needs

## Why Dr. Burron is Your Consultant of Choice

- ✓ Two decades of specialized experience in wellness program optimization
- ✓ Integration of cutting-edge strategies from health promotion, behavioral economics, and psychology
- ✓ Proven expertise in driving tangible results
- ✓ Personalized solutions tailored to your organization's unique needs and objectives
- ✓ Reputation for delivering unmatched value and sustained success
- ✓ Conducts comprehensive assessments of existing wellness programs to identify areas of improvement and enhancement.

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**Few topics resonate as deeply and universally as the topic of health for employers seeking to optimize productivity and individuals striving for well-being.**

However, amidst the wealth of information available, there exists a paradigm gap between what we think we know about health and what actions we take.

Let Dr. Burron confront this paradigm head-on, shedding light on the obstacles hindering our journey to optimal health. Dr. Burron empowers audiences to overcome barriers and embrace a path to their healthiest selves by challenging conventional wisdom and offering insights into behavioral change.



**Empowering Audiences to Transform Their Health Through Dynamic Speaking Engagements**

## Elevating Lives: Unleashing the Power of Personal Development

Health and wellness are the necessary foundation for personal development. By nurturing physical vitality, mental resilience, emotional well-being, and overall self-empowerment. **Few topics resonate as deeply and universally as health transformation. Health Transformation** relates to leaders striving to optimize productivity, employees seeking better health, and even moms juggling the demands of raising children and caring for older adults alike. Dr. Burron can unlock your audience's desire and transform their health.

Dr. Burron has presented thousands of inspirational presentations, from large audiences to small groups. She is compassionate, empathetic, and empowering, unlocking health with keys that include self-awareness and health recovery interventions.

### Presentations for Organizations

- Reimagining Wellness Programs to Include Health Equity and Belonging
- Do I Belong Here? Creating a Sense of Belonging Within Your Organization
- Employee Health Intelligence: What it Means to Your Organization and How to Improve It
- Employees Who Don't Participate in Wellness Programs – Why They Don't and What to Do About It
- Subtly Influence Your Employees for Better Health

### Presentations for Events

- Harness Your Superpowers to Faster Healing
- Approach Your Health, Your Way
- Manage Your Health Like a Boss
- Health Navigation Tactics for Healthier Women and Families
- Unveiling Health Pitfalls to Shape Your Health Like Never Before
- Transform Health with Heart
- The Transformational Impact of Self-Awareness on Health

