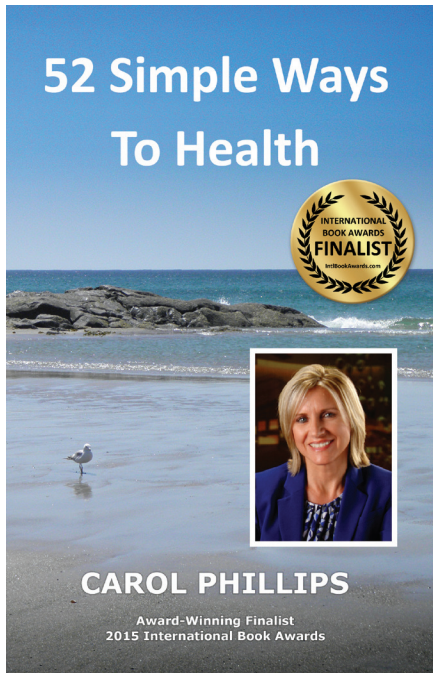


# Carol Phillips

Health & Wellness Expert • Award-Winning Author



- Are you connected with your greatest asset?
- On average, companies lose \$3,500 per employee/per year due to a lack of employee wellness and engagement.
- Do the math for your company, then contact Carol to learn ways to significantly reduce costs and improve productivity!



**Carol Phillips** is a national health and wellness expert, the multiple award-winning author of *52 Simple Ways to Health*, and host of the *Ask Coach Carol* radio show. As an energetic corporate health coach and consultant, she has helped hundreds of companies and thousands of employees embrace wellness – naturally and positively. Her proven techniques help employers significantly reduce costs and increase productivity with the vital information business leaders need to know.

As a sought-after keynote speaker, Carol entertains audiences while giving them the tools they need to positively transform their lives and make companies more profitable.

Contact Carol today to learn how your company can reduce absenteeism, improve productivity, and increase profits. Carol is based in Manchester, NH and can be reached through her website at [www.CoachCarolPhillips.com](http://www.CoachCarolPhillips.com).

## Testimonials

**“Carol Phillips knocked it out of the park! She was excellent and the crowd loved her!”**

-Kate Tarbox, Director of Marketing & Community Relations  
Speare Memorial Hospital

**“I loved Carol Phillips’ wellness presentation. She is simply amazing!”**

-Ann Pelletier, Segway Inc.

**“She is the best health coach I know...period!”**

- Frank J., MiltonCat

## Speaking Topics...

for Keynotes, Corporate Events, Business Leaders:

- ♦ The Value of Employee Wellness: Seven Strategies to Increase Profits
- ♦ Make Health Easy: Stop Struggling and Start Living
- ♦ Stress Management: Opt Out of Stressing Out

