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HEALTHY PEOPLE.
HEALTHY BUSINESS.



Nicolette Richer's ***Richer at Work Program*** uses nutrition, inspiration, and performance data to invigorate employees, helping organization's unlock their full, productive potential.

Nearly half of North Americans have one or more chronic diseases. In the **US \$1.1 trillion, and in Canada \$122 billion, is lost in productivity** due to chronic disease.

NICOLETTE RICHER.
AT WORK



Company-wide health programs are known to have 6:1 ROI, and significant value on investment.

AMERICAN ASSOCIATION
2011

LET'S FACE IT, COMPANIES HAVE TO DO MORE, WITH LESS...

That's why Nicolette Richer created the ***Richer at Work Program***. Designed for today's progressive companies that want to support and leverage their most valuable asset - their people. Bottom line, why one company outperforms another comes down to their competitive edge.

THIS IS HOW WE HELP...

We give you the competitive edge. Our approach isn't at all like 'performance management' programs you've seen before. Ours is science based, and gets you *unparalleled, measurable results*.

We know that misguided food choices impact our health, our energy, and our overall wellbeing. As more people face chronic, diet-induced illnesses, the data shows corresponding increases in absenteeism and rising insurance premiums for employers. We support progressive companies and their employees, increasing their performance by giving people opportunities to nourish and heal themselves.

The bottom line is simple:
Healthy people. Healthy business.

OUR SCIENCE-BASED PROGRAM WILL EMPOWER YOUR TEAM TO MAKE HEALTHIER CHOICES, AND PERFORM AT THEIR BEST.

"Get prepared, as your team will feel better than they could ever imagine feeling, and the result is that they will perform beyond expectations."

NICOLETTE RICHER



Photo by Dan Istitene/Getty Images



"I feel the best I've ever felt, physically and mentally"

Lewis Hamilton
6-time Formula 1
World Champion

The ultimate test of individual performance and team productivity. Lewis Hamilton is a 6-time World Champion, including most amount of pole positions (83), 41 fastest laps, and most career points in the history of F1. *Changing his diet was one of "the best decisions he could have made, second only to moving to the Mercedes team."*

WHO IS IT FOR?

Richer at Work is designed for innovative companies that are ready to win

- You realize the physical and mental health of your people is your competitive edge.
- You want to invigorate a culture of optimal health, productivity and performance.
- You are committed to inspiring your employees to break old habits and form healthy new ones.
- You want to cut through confusion, giving people the clarity they need to make smart choices.

HOW DOES IT WORK?

Our Richer at Work Program includes...

- Inspiring company-wide **presentation & workshop**, including a **catered lunch** for everyone from The Green Moustache, our award-winning restaurant.
- Nicolette's **Eat Real to Heal ground-breaking book** - an Amazon #1 New Release.
- 5-Week **Peak Performance Online Course**, including lifetime access.
- **Weekly Group Coaching**, via online session with Nicolette Richer.
- **Impact Measurement**, including pre-program and post-program data collection and reporting of employees' health changes.

WHAT IS THE RESULT?

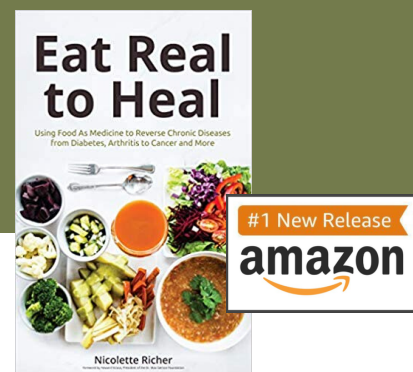
It's true across every sector: when we invest in people, we cultivate dramatic returns. Studies show that **reduced absenteeism, increased reduced health care costs, and increased performance can add up to a conservative 419% return in the 1st year**, and estimated to double in year 2. This does not include the broader value of the investment on the organization such as improved morale, talent attraction and retention, company loyalty and improved company image.





"Nicolette, you and your team are awesome! We love your heart and mission, and it aligns perfectly with our philosophy on health, wellness and clean eating. Our team has nothing but great things to say about working with you and your team. We greatly appreciate the meals you provided to our Platinum Partners. I am thrilled that you will be featured in the Podcast on December 4th!"

TONY ROBBINS RESEARCH INSTITUTE



Nicolette Richer

CEO, Author, Speaker and Doctoral Candidate

Founder and CEO of:

- *The Green Moustache Juice Co. Inc.*
- *Richer Health*
- *Sea to Sky Thrivers Society*
- *Richer Health Nutrition & Detox Wellness Centre*

Exclusive caterer to the Tony Robbins Platinum Partners, Whistler

NICOLETTE RICHER EMPOWERS INDIVIDUALS AND TEAMS TO ACHIEVE PEAK PERFORMANCE AND PRODUCTIVITY, ONE NUTRITIOUS CHOICE AT A TIME.

Nicolette Richer is a Regenerative Medicine Educator, entrepreneur, author, Doctoral Candidate and speaker. She is a savvy wellness facilitator and a renowned environmental and sustainability expert, with an insatiable desire to learn and educate. Nicolette travels globally to educate physicians and health agencies, most recently collaborating with Ministry of Health China, Mercer Health Canada, Public Health Agency of Canada, Cities Changing Diabetes, Vancity, and Simon Fraser University.

The Nicolette Richer organization is dedicated to providing education, tools, support and resources to help people achieve their most enriched life. We cut through the clutter providing straightforward information, and simple life enriching techniques, that are easy to adopt. Because we know when people eat well, they do well.



OUR MISSION

To help 22 million people in North America reverse their chronic degenerative disease by 2030.

BOOK NOW

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