

# hubbub coaching services: put a coach in your corner.



Whether you're looking to give your wellness program a boost or offer your employees a 1:1 solution to achieve their health goals, we've got your back. Our certified health coaches are ready to help you maximize your employees' hubbub experience.

## COACHING PACKAGES AT A GLANCE

Package	Price
<b>1:1 coaching</b> (30-day package includes 2 half-hour 1:1 sessions, plus daily access to chosen coach)	<b>\$150 per package</b>
<b>Company-coached challenges</b> (4 weeks of coach-led activities; either a pair of 2-week challenges or a 4-week health series)	<b>\$1,400 for 4 weeks</b>
<b>Onsite company coach</b> (2-day engagement with targeted activities)	<b>\$1,600 + travel &amp; expenses</b>
<b>Coach-led lunch &amp; learn</b> (30-minute webinar includes a live, coach-led Q&A)	<b>\$200 each</b>
<b>Dedicated company coach</b> (12-month plan with custom challenges, lunch & learns, detailed reporting and individualized support)	<b>\$22,000 per year</b>

## A DEEPER LOOK AT EACH OFFERING

### 1:1 coaching packages

Empower your employees with 1:1 access to the coach of their choice for a full 30-day engagement. They'll work directly with a coach to set personal goals and build new habits, using existing strengths to help achieve desired outcomes. Purchase as many packages as you want and allow your employees to redeem them when they're ready to improve their health and wellness.

- Private, daily access to an expert hubbub coach for 30 days
- Includes 2 half-hour 1:1 sessions
- \$150 per package

### company-coached challenges

Want to pump up your company challenges? Add a coach! Tell us what your employee population needs help with most, and we'll design the best strategy to tackle it (whether it's a pair of 2-week coached challenges or a single 4-week health series).

- Your employees will have access to coach-led activities for 4 weeks
- Our high-touch coaching program offers fresh information daily, including enhanced individual support
- \$1,400 for four weeks

### onsite company coach

Our coaches can join your employees onsite for a 2-day engagement to energize your team! Work with our coaches to amplify an existing challenge, campaign or event by inviting them to a kickoff, demonstration or health fair.

- Choose a coach based on their expertise
- Planned activities based on company strategy
- \$1,600 + travel & expenses

### coach-led lunch & learn

Add a 30-minute online lunch & learn to your wellness program to take a deep dive in a particular topic, rally the team around an existing campaign or event, or create excitement for a new initiative.

- 30-minute webinar includes a live, coach-led Q&A
- Lunch & learn is recorded and given to HR leader to repurpose
- \$200 each

### dedicated company coach (full year only)

Allow us to be an extension of your HR department—get a dedicated coach who's focused on your team's health and wellness. Your company coach will analyze existing data on your employee population and partner with you and your executive team to create a 12-month plan with custom challenges, lunch & learns, detailed reporting and individualized support.

- Only offered as an annual engagement
- \$22,000 per year



To learn more, contact the hubbub client success team at [services@hubbubhealth.com](mailto:services@hubbubhealth.com)