



FOR IMMEDIATE RELEASE

CONTACT: Colleen Cimini, PRfirst, ccimini@prfirst.com 781-982-5557

Wellness Workdays Launches Resilience & Support Coaching Program for Employees across Many Industries in the Face of COVID-19

PORTLAND, ME AND HINGHAM, MA, ISSUED APRIL 15, 2020 Wellness Workdays, a leading provider of corporate wellness programs, has launched a Resilience & Support Coaching program to address the well-being of employees in the face of COVID-19.

Wellness Workdays coaches have extensive training in identifying and guiding employees to manage stress, anxiety, depression and suicide prevention. The program addresses the needs of employers who are concerned for the well being of front line staff, a remote workforce, or those in leadership positions in their organization while dealing with COVID-19.

The program provides resilience support where employees are coached through a behavioral health assessment to identify key concerns. The coaches then help connect employees to relevant and timely resources and follow up. Using their proprietary software, professionals then follow through to make sure employees are getting the support and help they need. The programs can be up and running in as little as 24 hours.

“Well-being in the face of COVID-19 requires adaptability, flexibility and resilience. Like everyone else, your employees are struggling to adjust to the new ‘normal’ and whatever comes next,” said Debra Wein, CEO of Wellness Workdays. “Several healthcare facilities, banks, engineering firms, manufacturers, construction firms and a variety of organizations are already enrolled to give their employees access to the tools they need to manage these challenging times.”

About OMC

OMC understands how wellness works, and they know how to make wellness work for our clients in any size organization, location or industry. Our proprietary software and health coaches are the catalyst to successful wellness outcomes and individual lifestyle changes that impact health and well-being for each and every individual. For more information about the OMC approach, contact us at 207-209-2581 or visit the website at www.omcwellness.com.

About Wellness Workdays

Wellness Workdays is a Massachusetts company with offices in New York, Florida and Texas that designs and delivers corporate wellness programs to promote employee health, productivity and a culture of well-being. Their subsidiary, OMC Wellness, based in Portland, Maine, provides population health management solutions utilizing onsite health coaching and proprietary technology to sustain measurable outcomes. A Certified Woman-Owned Business Enterprise, they have earned industry recognition and best practices awards for their clients, which include New Balance, EMD Millipore, Putnam Investments, Cape Cod Healthcare, Brown University, Maine Department of Transportation, Massachusetts Institute of Technology, Rockland Trust, Titan America, Norway Savings Bank and Harvard Business School. Visit them at www.wellnessworkdays.com or www.OMCWellness.com or follow them on [Facebook](#), [Twitter](#)