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VOGUE

Canadian Living



HEALTHY  
PEOPLE.

HEALTHY  
BUSINESS.


Nicolette Richer's *Richer at Work Program* uses nutrition, inspiration, and performance data to invigorate employees, helping organizations 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.

\*Cost of Chronic Disease in the US, Milken Institute, 2018

NICOLETTE **RICHER.**  
AT WORK





COMPANY-WIDE  
HEALTH PROGRAMS  
ARE KNOWN TO  
HAVE 6:1 ROI AND  
SIGNIFICANT VALUE  
ON INVESTMENT

AMERICAN HOSPITAL  
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.*

"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



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





## WHO IS IT FOR?

*Richer at Work* is designed for innovative companies that are ready to outpace their peers....

- 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 **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, reduced health care costs, and increased performance can add up to a conservative 419% return in the 1st year**, and estimated to double in the 2nd year. 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.

**"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 Formula 1 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."

ESTIMATED  
**419%**  
RETURN ON  
INVESTMENT



## Nicolette Richer

CEO, Author, Speaker and Doctoral Student

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.

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.

**BOOK NOW** 1-800-886-5270 [info@richerhealth.ca](mailto:info@richerhealth.ca)

**Our Guarantee:** We make things right if we fall short. We will happily refund you 100% if you feel dissatisfied after completion. *Ask us about our easy and flexible payment terms.*



NICOLETTE **RICHER.**  
AT **WORK**

NICOLETTE**RICHER**.COM

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

“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 on the Podcast on December 4th! I can see a longterm partnership that would be great.”

TONY ROBBINS RESEARCH INTERNATIONAL, INC