



MG Business Health Solutions

Nestlé Suisse SA
Human Resources



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Claudia Thumm, Head of Human Resources, Nestlé Suisse S.A.



“Health and Wellness are strategic pillars to Nestlé Switzerland - from both a business and human perspective point of view.

We want to make them a living reality both within our organisation and for our employees, including senior management, who benefit from a large selection of initiatives, conferences, training sessions and events related to these subjects throughout the year.

Mark Guilbert, Managing Director of MG Business Health Solutions, is a presenter and coach we call upon regularly. His knowledge, experience and excellent communication skills help us to bring health and wellness closer to our employees. With his enthusiasm and humour, he teaches and speaks from an unexpected, eye-opening and compelling angle.

What Mark Guilbert shares, sticks!” – **Claudia Thumm**

Nestlé Suisse S.A.

Company

Nestlé Suisse S.A.

Requirements

As the world's leading Health and Wellness Company, a health management program was required for all levels of the workforce, from senior management to the employees on the ground floor.

MG Business Health Solutions

- Managing Health Seminars
- Impact Presentations
- Wellness Days
- Senior Executive Health Coaching

Participants

Senior Management
Line Managers
All employees

Outcome

A long term results-orientated health initiative has been implemented which is already creating healthy behaviour change.

