

“If you really want to improve the health of your organisation, you must set an example. This may be difficult, but you would do the same for a new technology or product. At the end of the day, we are talking about the health of you and your family.”



« Working with Mark has changed me for good. We have been working together both within Nestlé and personally. His challenging style combined with his holistic approach to health management has allowed me to find a fitness level I haven't had for over 20 years. »

Roland Decorvet, Managing Director, Nestlé Suisse S.A.



Nestlé is the world's leading Nutrition, Health and Wellness Company. We are committed to increasing the nutritional value of our products while improving the taste. We achieve this through our brands and with initiatives like the Nutritional Compass and 60/40+.

Since Henri Nestlé developed the first milk food for infants in 1867, and saved the life of a neighbor's child, the Nestlé Company has aimed to build a business as the world's leading nutrition, health and wellness company based on sound human values and principles.

Senior Executive Coaching and Company Wellness Initiatives

“The first time I heard about Mark was through our corporate doctor who advised me to work with him since I had to urgently work on my fitness level due to health problems.

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The introduction of a 3-year health & performance project by Mark and his company, MG Business Health Solutions, has also allowed us to put a strong focus on our people's health and wellness.” – **Roland Decorvet**

By creating an environment in which people are healthy and motivated, productivity and profitability will increase. Wellness is good for business.

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.