

Supporting Employees with Wellness Resolutions



Learn how to support your employees with Wellness Resolutions. Registered Nurse and Health Coach Heather Ratliff will discuss learning objectives, goal setting and how to motivate employees to achieve their wellness goals with external motivation and your support as an employer.

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About Heather Ratliff



Heather Ratliff is a Registered Nurse and a Health Coach. She is the founder of The Wellness RN, a Kalamazoo-based Health Education and Health Coaching business.

Heather holds Bachelor's Degree in Nursing and Biology and Master's Degrees in Public Policy and Environmental Science. She formerly worked as an industrial microbiologist in pharmaceutical manufacturing.

Heather's passion is empowering people and businesses on their wellness journey so they can share their best with the world.