

Kathy Gregory



Kathy Gregory has been working as a wellness coach since 2017. Her clients have included individuals, groups, and organizations. She specializes in helping leaders in the workplace better understand and better utilize wellness programming solutions to foster healthier lifestyles which positively impact employee wellbeing both mentally and physically.

A lot of leaders are frustrated their wellness programs do not engage employees or they are skeptical that adding a program will bring about any real benefit. Kathy takes the mystery (and the work) out of the process because she is your expert who is focused on delivering the results you desire.

She utilizes her "boots on the ground" experience in the wellness coaching trenches to build the best strategies and to deliver the best tools to engage organizations as they work toward showing up in their purpose through health initiatives.

These tools and strategies are delivered through the wellness program she developed - WELLNESS WORKS. WW allows organizations to easily ADD (Assess + Design + Deliver) wellness as a strategy for growth, productivity, cost savings, as well as retention.

Kathy has a passion to help others by building relationships and by bridging the gap between what we know and what we do. She does this through her extensive experience as a coach and facilitator.

It's important to Kathy to embody the tenets she feels are foundational to wellbeing. This means you will find her in the kitchen making simple, delicious, and nutritious meals for her family as well as outside running a 5K or attending a Camp Gladiator class. She equally enjoys kayaking, yoga, and spending time with friends and family.

Certifications:

IIN Health Coach
Well-being Leadership
Resilience to Thriving Program Facilitator
Resilience to Thriving Program Coach
Diabetes Prevention Program Coach
Burn Bright Program Facilitator
Everything DiSC Program Facilitator

Testimonial:

"With our sights on being the best version of ourselves both personally + professionally, we sought Kathy's help in giving us a 360-degree perspective on wellness. Given the awareness she continues to instill, we are more in tune with "what fuels us" to be more productive at work, better fit (mentally and physically) to serve our clients, + most of all, being present for our families while making time for ourselves. Kathy is deeply invested in seeing growth for team members + makes the process fun from guided grocery store tours in helping us make better choices, contests for drinking more water, gratitude journals, + more! Her passion for helping others is most evident, + she leads with a servant heart! There's no question that her influence has made a tremendous impact on our bottom line!"

Jo Anne Johnson Real Estate Group

