



## Theresa Matthews

I cannot remember a time when I wasn't endlessly fascinated with human biology and physiology. My education and career have been devoted to satisfying this deep interest.

I have a BS in biology, was a clinical microbiologist in a large 1200 bed teaching hospital and earned my MBA from UC Berkeley. My career in pharmaceuticals / brand management, teaching experience (co-developed and co-taught a 400-level immunology course), general corporate experience, and spiritual orientation provide me with a multidimensional perspective regarding health and wellness in the corporate environment. Further studies in Eastern Medicine, extensive reading on a host of topics related to emotional, intellectual, and spiritual health have further broadened my perspective.

As much as I wish I were a gifted artist, my creativity comes in the form of being able to gather, integrate, and transform information from diverse fields such that the end product is novel, simplified, and enlightening on a whole new level, making me uniquely qualified for this work.

As an example, the most fundamental thing I teach, what I start with, is to help employees understand that they are already making many good health choices, likely close to 80%. We begin by recognizing their already existing core competencies and then build on that. Importantly, everyone starts 80% of the way to the finish line. The paradigm shifts of this program continue from there!

I am very excited about the potential to help companies and their employees discover a new level of health and productivity both individually and collectively. The underlying health of employees is an essential, vital asset. Even with old style health programs with poor sustainability ratings, data are clear that companies who invest in the health and wellness of their employees see higher motivation, lower turnover, higher productivity, and improved bottom lines. This program is designed for companies interested in taking health and wellness to the next level and helping their employees achieve long-term, vibrant health.

*Theresa*