



*Liz DeJongh, MS, helps employees take charge of their health, live lifestyles they deserve, and perform at the top of their game!*

## Strategies to bring practicality, purpose, and people back to health!

### Professional Biography

Elizabeth (Liz) DeJongh, MS, is an employee health professional who prefers to take off her expert hat, engage in real conversations, completely wrap her brain around what clients need, and then blow them away with seemingly simple, yet solid and evidence-based solutions perfectly tailored for their situation.

Liz has coached over 45 clients – individually and in small groups – and is the brains behind Mind.Set.Goal!™, a clever, turn-key 7-session health coaching program that helps coaches and clients get to the point, get better, and get on with it... faster and with higher impact and success.

She has designed and coordinated a WELCOA award-winning wellness program from the ground up for an organization of 1500 employees, served on an Insurance Advisory Committee, identified employee benefits cost containment strategies, and played a key role in establishing an employer-sponsored medical clinic and prevention-based self-insured medical plan. She has also helped over 40 municipalities advance their healthy eating and active living policies and programs.

Her speaking and seminar client list includes the International Public Management Association for Human Resources, Mountain States Employers Council, Colorado Government Finance Officers Association, LiveWell Colorado, and more.

She has been a certified coach through wellcoaches® since 2010 and served as an instructor in Colorado State University's Department of Health and Exercise Science before moving to Minnesota in 2016. She loves having a good laugh, blogging, and keeping on top of things... personally and professionally.

“ I am so appreciative of Liz. With her help and tools, it was so easy to implement a wellness program. What I thought would be an intimidating process became very simple.

--Corren Lind  
Town of Bennett, CO

Great product. Excellent service. Real expertise. Liz brings health to life. ”

-- Amanda Lalonde, Wellness Coordinator  
City of Greeley, CO

“ Because of her unique skills and abilities, our organization's culture around being well has moved forward in leaps and bounds. Working with Liz is a wonderful and beneficial experience that is truly life-changing!

-- Lorenda Volker, Assistant County Manager  
Larimer County, CO

As a fellow wellness coach, I believe that Liz's concept of a 7 step approach to "Mind. Set. Goal!"™ is spot on! ”

--Staci Datteri-Frey, MPH  
Weld County Government

“ If you want to make a difference in your organization and transform it into a healthy workplace, Liz is the right person for you!

--Julie George  
LiveWell Colorado

The benefits of wellness coaching cannot be overstated, and the success rate of Liz's clients is off the charts! ”

-- Kathryn Lovoi, MMS, PA-C, Clinical Director  
Marathon Health

