



**INFINITY
EMPOWERMENT
SERVICES**
YOU DESERVE SO MUCH MORE

CORPORATE WORKPLACE WELLNESS EDUCATION

ABOUT

At Infinity Empowerment Services (IES), we understand that a company's most important asset is its people; that a healthy workforce is a productive workforce. In a recent study, researchers at Brigham Young University found that for every dollar spent on employee wellness programs, employers receive three to four dollars in healthcare savings. We offer comprehensive health and wellness consulting services that are designed to improve productivity, provide a more health conscious workforce, lower health care costs, reduce absenteeism and presenteeism. We use powerful training tools, workshops and lectures to educate, empower and inspire our clients towards better performance. The results are sustainable, economical and lasting. Another department of our company supplies sustainable gardening options for clients to take control of their food source. We specialize in year-round, indoor/outdoor aeroponic vertical gardening.

Core Competencies

- Leadership, Value, Ethics
- Health Education
- Communication, Accountability for results
- Assess, Plan, Implement successful health strategies
- Informed Decision Making on Health Concerns
- Educate, Empower, Inspire

Education/Experience

- Over 18+ years in the Wellness Industry
- Masters in Professional Counseling, South University
- Bachelors' Degree in Social Work, Florida A&M University
- Graduate of the Entrepreneurship Bootcamp for Veterans (EBV) with Disabilities at Whitman School of Management, Syracuse University.
- Certified Health Coach/Educator (Dr. Sears Wellness Institute)
- Certified Workplace Wellness Specialist (NWI)
- Retired Military Officer

Featured Clients

2023 - Elizabeth City , NC City Manager Office
- Elizabeth City State University, NC
- Clover Park School District, WA

2022 - Department of Treasury, Blacks in Government Fiscal Service Chapter - DC

2020 - First Command Bank, Norfolk, VA

2020 - AAPR Entrepreneurship - DC

2019-20 - Centura College, Norfolk, VA

CURRENT

Institute for Military Veterans and Family (IVMF)
The Juice Plus+ Company
James E. Newby Foundation
Norfolk, Chesapeake Public Schools
Boys & Girls Club SE Virginia



