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I first met Juliane Goicoechea when I was the Manager of an employee wellness program for a multi-site manufacturing company. Juliane was a key member of our multi-disciplinary integrative employee health and safety team. She worked with hundreds of associates guiding them in nutrition and lifestyle modifications. Juliane's work ethic, positive attitude and desire to help people improve their health was critical to our success. As a self-insured company one of our objectives was to manage medical and workers compensation expenses. During the years that Juliane worked with us, we achieved health care cost containment and experienced a significant decrease in workers compensation expenses.

Juliane was a highly-valued team member who identified areas for improvement and acted to implement change. She worked well with very little oversight and collaborated with various team members including occupational health nurses and physicians, safety engineers, personal trainers, physical therapists, massage therapists and the employee assistance program (EAP). Juliane was very innovative in her approaches to motivating and coaching associates. I frequently received positive feedback from associates about their sessions with her. Juliane's belief in whole foods and focus on uncovering the root causes of illness was well received by associates at all levels, from manufacturing to management.

In addition to her individual client sessions, Juliane developed and delivered several group education programs. These programs were tailored to our high medical cost areas like diabetes, obesity and heart disease. Juliane modified her approach to meet the specific needs of each group on all three work shifts.

Juliane has a natural leadership style and team members often turned to her for advice and guidance. It was a pleasure to get to know Juliane both personally and professionally.

Greg S [REDACTED], MS, RD, LDN