



Our Approach

Based on an updated understanding of health, human nature and behavior change, ViDL fuses the best of individual and organizational wellbeing to create truly thriving cultures. ViDL was founded out of the recognition that the traditional approaches to employee wellbeing and organizational development often miss the mark – and that an integrated, new paradigm approach is needed. ViDL addresses personal wellbeing with a wide array of holistic programs and services that go way beyond physical health while also helping organizations attend to important elements of cultural transformation that impact employee wellbeing, productivity and engagement.

Our Services

Consulting and Strategic Planning

We partner with your organization to:

- Formulate a strategic plan to create a truly thriving culture
- Provide evidence-based recommendations on both employee wellbeing and cultural transformation
- Ensure your resources are being wisely invested in programs and services likely to offer the greatest impact

Data Collection and Evaluation

- Thriving Workplace Culture Survey™
- Review and interpret existing employer data
- Participation, completion and satisfaction data
- Health screenings

Evidence-Based Programs

- Culture visioning workshops
- Leadership development
- Psychometric assessments
- Onsite wellbeing professionals
- Health education
- Healthcare consumerism
- Intrinsic coaching
- Lifestyle improvement programs
- Mindfulness-based services
- Wellbeing challenges

