

## Services and Products



**John Schuh, M.A.**  
**Owner and Senior Consultant**

Personal Best Consulting's customized services and products are the keys to unlocking potential that will assist you and/or your organization in reaching "personal bests!"

Here are some of the *services* that P.B.C. offers:

- **Wellness/Health Promotion Consulting**
- **Business Management Consulting**
- **Program Planning, Promoting, Implementing and Evaluation Services**
- **Presentations and Workshops**
- **Team Building Activities**
- **Leadership Development**
- **Health Risk Appraisals and Lifestyle Planning**
- **Personal Coaching / Personal Training**
- **Resources / Tools for Wellness / Health Promotion and Business Management**
- **Grant Writing**
- **and more**

## Services

Written by Administrator

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**Contact us today to learn more about what Personal Best Consulting can do for you.  
As always, we offer free quotes on all services and products.**