

Global coaching and EAP

Workplace Options offers emotional, practical and physical wellbeing support to employees and their families around the world. Our mission is to strengthen organizational and individual resiliency through integrated wellbeing solutions. WPO serves 100,000+ organizations and more than 75 million employees in over 200 countries and territories.

Together, individuals and coaches commonly design wellness plans around the following:

- Weight management
- Tobacco cessation
- Fitness and exercise
- Stress management
- Overall lifestyle improvement

100+
Languages

30%
Forbes 500
companies

75M+
Employees served

