

Chris Guild

Director of Training/Senior Account Manager at OMC, A Wellness Workdays Company

Chris Guild is the Director of Training and Senior Account Manager for OMC, A Wellness Workdays Company. He is responsible for the oversight of client company wellness programs from Maine to Florida and is also responsible for the training and development of health coaches with a specialty in teaching behavior change strategies.

He is a member of the Motivational Interviewing Network of Trainers (MINT) and has trained teachers, law enforcement officers, and healthcare providers in behavior change strategies across the country.

He has a passion for helping engage employees in changing at-risk health behavior, improving employees' quality of life, and workplace productivity.