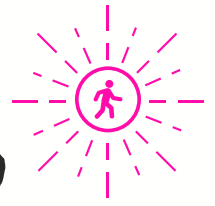


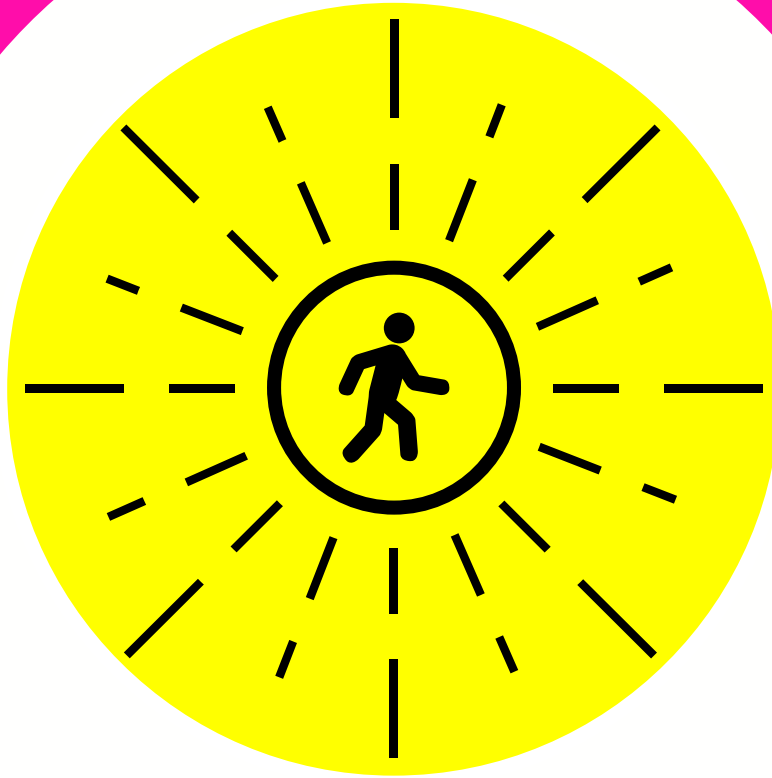
# IT'S TIME TO *Walk & Work*



[WALKANDWORK.CO](https://WALKANDWORK.CO)



*Walk & Work*



GET BETTER  
RESULTS  
&  
PROFITS  
RIGHT NOW

[WALKANDWORK.CO](http://WALKANDWORK.CO)

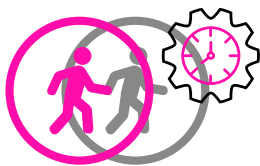




# Who Is This For?

*Walk & Work* is for anyone who cares about wellness

## Individual



### The Walk & Work Community

If you're committed to moving 10k steps a day and working from home; we will share real, raw, life experiences of how *Walk & Work* has impacted lives around the world. If you take care of people and you want to take care of yourself, this is for YOU! Please reach out to us and we can bring *Walk & Work* to you!

**CONNECT  
NOW**

## Companies



### Get Strategic Event Solutions

Bring the *Walk & Work* workshop to your hotel, resort, venue, facility or office. We offer strategic solutions to the hospitality industry worldwide. We specialize in psychology-based training and consulting to impact productivity and your bottom line. Create a productive culture NOW.

**CONNECT  
NOW**

[WALKANDWORK.CO](http://WALKANDWORK.CO)



# Walk & Work

## What?

**Easy solution offering in-person or virtual training**

*Walk and Work* is an easy solution that offers an in-person training program that boosts employee health and engagement. Wellness experts will educate employees on how to stay healthy and fit, so that they can manage life's stressors and dominate in the office.



## When?

**You set the date, time, and place**

If you're interested in fast-tracking your team on a wellness program you can trust, reach out to us! It's really that easy. We look forward to chatting and meeting with you!



## Where?

**We come to you in person and/or train virtually**

We make this very easy for you. Our team will come right to your hotel, venue, or facility to facilitate the workshop. So your team won't have to worry about driving or carpooling anywhere. We bring everything to you.



## Who?

**If you want to create a wellness pattern**

Whether you work for a large company or own one, if you want to invest in your team members to encourage healthy wellness, this is for YOU! Create a more productive culture NOW!





# FAQ

## Frequently Asked Questions

**Q: What is included in the *Walk & Work* Workshop??**

**A: You'll get access to the following resources and more**

- Access to a team of wellness experts.
- Real-life testimonials from world-renowned leaders.
- Lessons on habit building and goal setting.
- Easy-to-use equipment for smashing wellness goals in the office.
- Opportunity for employees to be real about their wellness hurdles.
- Solutions on how to overcome those obstacles.
- Stress-relief tactics to cope with life's challenges.

**Q: Is this just another diet?**

**A: Absolutely NOT**

We don't believe in diets. But we do support healthy lifestyles. Let's be real, diets don't work. People get caught in vicious cycles of yo-yo diets and never quite accomplish the energy and vibrance they desperately crave.

*Walk and Work* is a practical (yet effective) tool to get your life back on track in a healthy way that makes sense. We take a holistic approach, which includes topics of nutrition, movement, habits/patterns, stress-management, and more.





# FAQ

## Frequently Asked Question

**Q: Will this program take a lot of time?**

**A: NO! *Walk & Work* saves you both time and money.**

If you don't invest in your employee's health, you could spend hundreds or thousands of dollars paying for:

- Mistakes made by tired, depressed employees.
- Workman's comp because tired employees are more accident prone.
- Constantly interviewing and replacing the non-productive, unhealthy employees.
- Unemployment benefits for the workers who you had to let go.

**Q: What are the long term benefits of *Walk & Work*?**

**A: The sky's the limit when it comes to good health**

But here are some long-term benefits of the *Walk & Work* program:

- |                             |                         |
|-----------------------------|-------------------------|
| • Healthier employees.      | • Focused employees.    |
| • Smarter employees.        | • Sharper employees.    |
| • Happier employees.        | • Awake employees.      |
| • Energetic employees.      | • Consistent employees. |
| • More Efficient employees. | • Excited employees.    |



# BENEFITS



**ALL OF THESE LONG-TERM  
EMPLOYEE BENEFITS  
POINT TO ONE VERY  
BIG BENEFIT**

**YOUR  
BOTTOM  
LINE**



Numerous studies show that healthier, happier team members are more productive in business and life. And in a time where there's plenty to be distracted and discouraged by, you can't afford to have employees who are depressed and detached from their work. Your employees are the most rewarding investment you will ever make into the business.

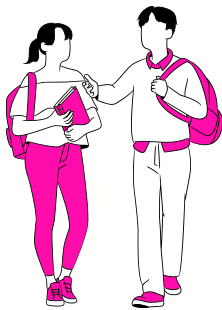
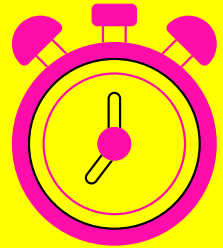


# CENTERS FOR DISEASE CONTROL AND PREVENTION

## The CDC Says...

### SHOW UP

Healthier employees are less likely to call in sick or use vacation time due to illness. And in a time where there's plenty to be distracted and discouraged by, you can't afford to have employees who are depressed and detached from their work.



### SUPPORT

Companies that support workplace health have a greater percentage of employees at work every day. Your employees are the most rewarding investment you will ever make into your business.

### CARE

Because employee health frequently carries over into better health behavior that impacts both the employee and their family (such as nutritious meals cooked at home or increased physical activity with the family), employees may miss less work caring for ill family members as well.



### HEALTHY

Similarly, workplace health programs can reduce presenteeism — the measurable extent to which health symptoms, conditions, and diseases adversely affect the work productivity of individuals who choose to remain at work.



ALARMING

# STATS

YOU CAN'T IGNORE



50%

According to research by Go Remotely, 50% of employees miss one to five hours of work every week due to stress.

25%

A 3-year-long Go Remotely productivity study shows that appropriate nutrition can boost productivity by 25%.

66%

66% of 1,077 adults surveyed by Glassdoor believe they would be better and more productive employees if they had more sleep, especially those between the ages of 18 and 44.



# MORE THAN JUST NUMBERS



Your employees are more than just a number though.

They are people with real lives. Outside of work they have a life.



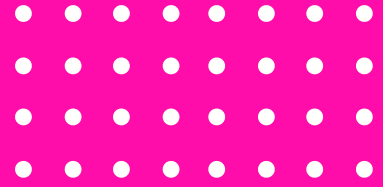
So let's get to movin' now!

And don't expect it to be one of those stuffy corporate lecture-style meetings or workshops.



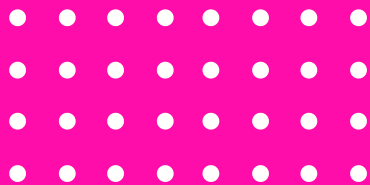
*Walk and Work* is a fun, inspiring experience to keep both you and your team rolling in the right direction, while your competitors fall off!





*Walk & Work*

# ABOUT WORKSHOP



# Walk & Work

## A 1-DAY WORKSHOP SHARING 7 STEPS TO CREATING YOUR WELLNESS PATTERN

P

### POSITIVITY

Put your health in the spotlight

A

### ACCOUNTABILITY

Block time in your calendar

T

### TIME-BOUND

No deadline = Never happens

T

### TRACK

If you don't measure, you won't know

E

### ENERGY

Kiss afternoon fatigue goodbye

R

### REST

Is essential. Period.

N

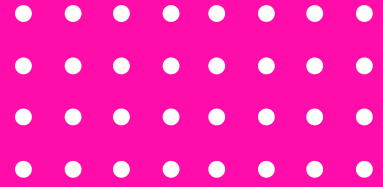
### Nutrition

Food is medicine



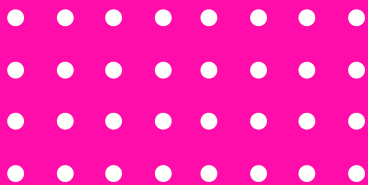
The program includes an in-person workshop where *Angela Proffitt*, an award-winning 8-figure entrepreneur, and CEO of GSD Creative, shares her empowering story of how she not only smashed her health goals and exponentially increased her productivity (bottom line revenue), but she did it while having fun! And she did it one step at a time! Your team will also get access to health and wellness experts who can guide them along this important health journey.

[WALKANDWORK.CO](http://WALKANDWORK.CO)



*Walk & Work*

**GET  
STARTED**



[WALKANDWORK.CO](http://WALKANDWORK.CO)



A person wearing dark grey trousers and white sneakers with teal accents is walking on a treadmill. The background is blurred, showing what appears to be a gym or fitness center.

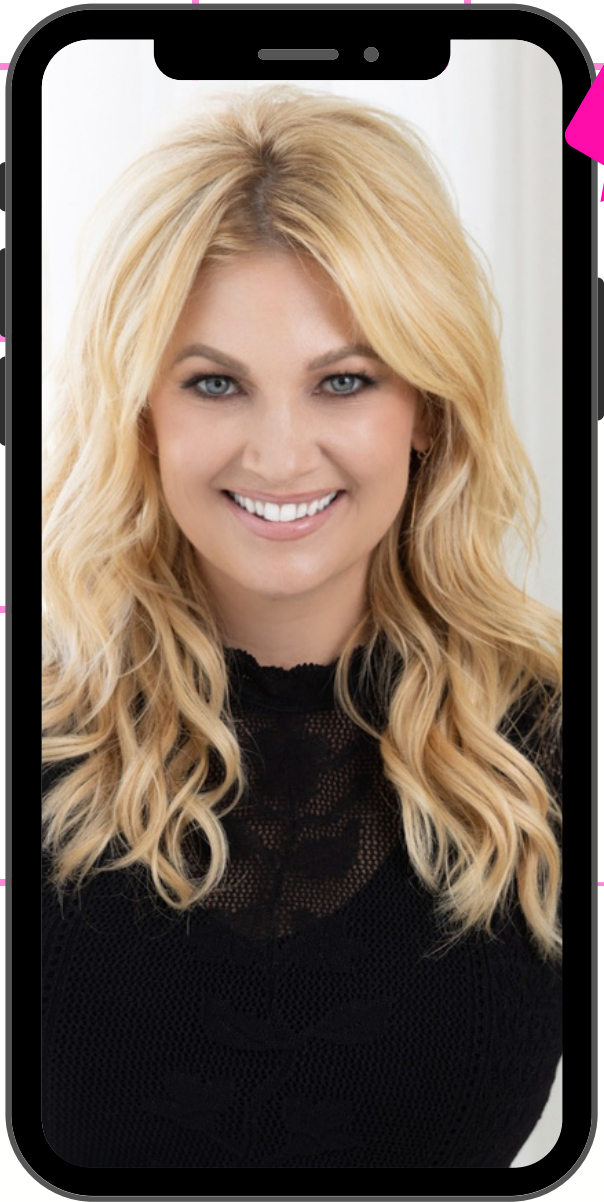
# JOIN THE *Walk & Work* MOVEMENT



A movement focusing on overall wellness for the hospitality industry while building healthy **PATTERNS** on the go.



# Let's Connect



We believe in keeping things short, sweet, and to the point. If you're interested in fast-tracking your team on a health and wellness program you can trust, reach out to us at the info below! We look forward to meeting you!



[connect@angelaproffitt.com](mailto:connect@angelaproffitt.com)



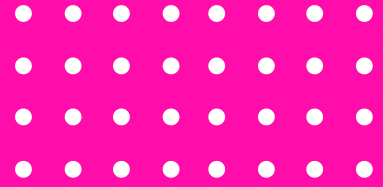
615.527.8755  
(text message number, email for WhatsApp)



Schedule a time to chat now! Click [HERE](#)

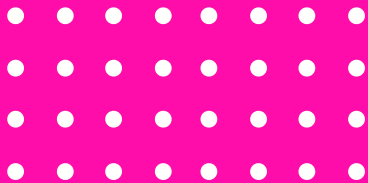
[WALKANDWORK.CO](http://WALKANDWORK.CO)





*Walk & Work*

# WHAT WE OFFER





SOLUTIONS  
SOLUTIONS  
**SOLUTIONS**  
SOLUTIONS  
SOLUTIONS  
**SOLUTIONS**  
SOLUTIONS  
SOLUTIONS

# WHAT WE OFFER

## WORKSHOPS & TRAINING

---

### WALK & WORK WORKSHOP

---

*Walk and Work* is an easy solution that offers an in-person training program that boosts employee health, wellness, and engagement. Wellness and health experts will educate employees on how to stay healthy and fit - so that they can manage life's stressors and dominate in the office. Studies show that employees are more productive when they are more happy and healthy.

[LEARN MORE](#)

---

### COMMUNICATION MASTERY WORKSHOP

---

This communication methodology is an easy-to-use tool that has helped thousands of people find personal success in their lives by improving their professional and interpersonal relationships. It has a two-decade track record of success with hundreds of companies and thousands of schools, hospitals, and government agencies throughout the world.

[LEARN MORE](#)





SOLUTIONS  
SOLUTIONS  
**SOLUTIONS**  
SOLUTIONS  
SOLUTIONS  
**SOLUTIONS**  
SOLUTIONS  
SOLUTIONS

# WHAT WE OFFER

## WORKSHOPS & TRAINING

---

### **ROT: RETURN ON TIME (TIME BLOCKING)**

---

When it comes to business, we often get caught up in the numbers game. But the pandemic has taught us that there is more to life than just making money. There's an opportunity to focus on wellness and creating a work environment that is productive, not just profitable. It's time to put people first and give them what they really want: a sense of connection, community, and belonging.

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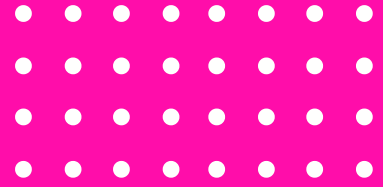
### **CONTENT CREATION STRATEGY**

---

Are you ready to step up your social media game? We'll teach you how to capture content that will help you stand out from your competitors. This includes tips and best practices for using your smartphone to capture content. You'll walk away with useable content for your business that you can implement immediately. So let's get started!

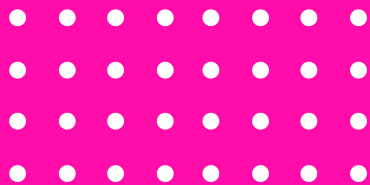
[WALKANDWORK.CO](http://WALKANDWORK.CO)





*Walk & Work*

# FOUNDER + CASE STUDY



# Wake Up

GET YOUR HEAD OUT OF THE CLOUDS, THEY SAID



Angela Proffitt, Founder of *Walk & Work* and GSD Creative, is a productivity expert, podcast host, celebrity wedding & event planner, speaker, and author that travels the world, helping companies grow their brand. As a serial entrepreneur, Angela has spent over two decades mastering effective business processes and consulting for multimillion-dollar brands.

Angela knows what drives conversions, sold-out events, and consumer engagement - and it's not the fluff. It is Angela's background in psychology, her effective communication techniques, and the "Get Shit Done" attitude that help drive success.

Angela has been featured in media and publications that include: TLC, ABC Family, People's Magazine, Success Magazine, and US Weekly, to name a few. In addition to running multiple businesses, Angela has served on the board of the Entrepreneur's Organization - Nashville, as social chair, MyEO chair, mentorship chair, and marketing chair at the regional level. Since 2017 she has been the host of Business Unveiled; a podcast for the hospitality industry, taking you behind the scenes of running a creative business. She is the co-founder of Collective615, a co-working space in Nashville, TN.

When Angela is not working, you can find her dancing around the world and learning about the latest tech tools and advancements in Apple technology.

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# Entrepreneur

ANGELA PROFFITT | GSD LEADER



FOUNDER & CEO



PODCAST HOST



COURSE CREATOR



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## FOUNDER & CEO | GSD CREATIVE

Full-service Event Production Company  
International Luxury Weddings & Events

[LEARN MORE](#)

## INTERNATIONAL KEYNOTE SPEAKER

Communication Specialist  
Content Creation Strategist  
Walk, Work, Wealth, & Wellness  
Productivity Expert

[LEARN MORE](#)

## PODCAST HOST | BUSINESS UNVEILED

Go behind the scenes as we travel the world to Interview the top leaders in the hospitality and creative space (since 2017).

[LEARN MORE](#)

## CONFERENCE HYPE MOTIVATOR

Capture and create content with your speakers and attendees to share and build FOMO and hype around your event.

[LEARN MORE](#)

## ONLINE COURSE CREATOR | GSD ACADEMY

Shift your mindset, set boundaries, and build rock-solid processes, to strategically grow your revenue.

[LEARN MORE](#)

## CONTENT CREATOR

Trusted resource: Blogger and Vlogger creating consistent & valuable content worldwide to share with our community (since 2005).

[LEARN MORE](#)

## CONSULTANT

Hospitality Industry: Hotels, Resorts, Venues  
4 Ps: People, Processes, Productivity, Profit

[LEARN MORE](#)

## WORKSHOPS & TRAINING FACILITATOR

Private workshops or training is available to companies that focus on their people

[SCHEDULE A CALL](#)

[WALKANDWORK.CO](http://WALKANDWORK.CO)



# Partners

## ADVISOR



## NON-PROFIT



## CERTIFICATIONS



## COMMUNITY



## PARTNERS

*Coming Soon...*



Woman owned business  
Operating paperless since 2000

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# Partners

## AFFILIATES



**SPANX**



Woman owned business  
Operating paperless since 2000

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# Hi!! I'm Angela!

Now that the formal stuff is out of the way, let's jump to the good stuff!

Yes, Proffitt is my real last name. Well, my ex-husbands last name, and I know what you are thinking; that's not why I married him. I was too "Young" (my middle name so pun intended!)

And yes, that's me below. The very unhealthy me. The person that forgot to take care of herself. It happens to us all. Why does it take a near-death experience to wake up?

My experience was COVID. After surviving, I woke up with an epiphany. People need motivation no matter what. I'm damn strong, but the night I made goodbye videos to my family and watched The Greatest Showman on repeat, I thought my time was up. I woke up. I lived. I've lost nearly 100 lbs and this is just the beginning of sharing my wellness journey.

90-  
Angela



ANGELA PROFFITT



90-day Transformation



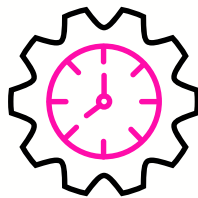
# Case Study

**TEST SUBJECT** - ANGELA PROFFITT | Traveling Entrepreneur

**GOAL** - GET HEALTHY | Needed A Plan

**STARTED** - July 1, 2021

## The Challenge



- Injured from gymnastics, still In pain
- Doesn't cook, travels a lot
- Eats healthy subscription meals & juicing
- Busy with work, family, traveling, entrepreneur
- Major health set back due to COVID
- Can't fit into any clothes
- Felt stuck, pressured, tired, depressed, and lost
- Excuses : it's never a good time





# Case Study: Solution

**TEST SUBJECT** - ANGELA PROFFITT | Traveling Entrepreneur

**GOAL** - GET HEALTHY | Needed A Plan

**STARTED** - July 1, 2021

## The Solution



- Order a treadmill desk
- Set a goal to *Walk & Work* 10K steps a day
- Started TikTok-ing and getting back into dance
- Hired a trainer & a chef
- Joined a 90-day challenge to get healthy
- Outsourced everything I could (cleaning house, car, drying hair,, grocery shopping, gym membership) anything I didn't HAVE to do.





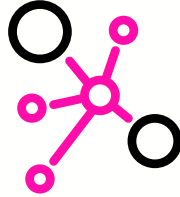
# Case Study: Result

**TEST SUBJECT** - ANGELA PROFFITT | Traveling Entrepreneur

**GOAL** - GET HEALTHY | Needed A Plan

**STARTED** - July 1, 2021

## The Result



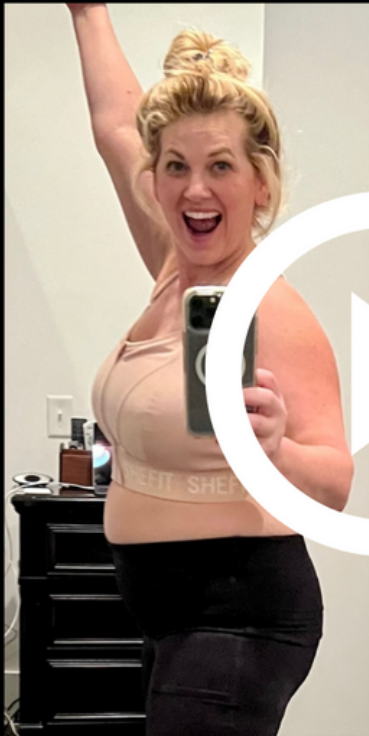
- Daily Movement that totaled 10K steps a day for 90 days was the start. This was done by walking, dancing, and doing activities that were fun.
- Weight Loss was 32 lbs In the first 90 days. 12 months later, nearly 100 lbs. has been shed.
- Days Traveling | 70 of 90 and ongoing
- Allergies decreased
- Fatigue decreased
- Mental fog vanished



# 12 Months Transformation



July 2021



November 2021



April 2021



July 2022

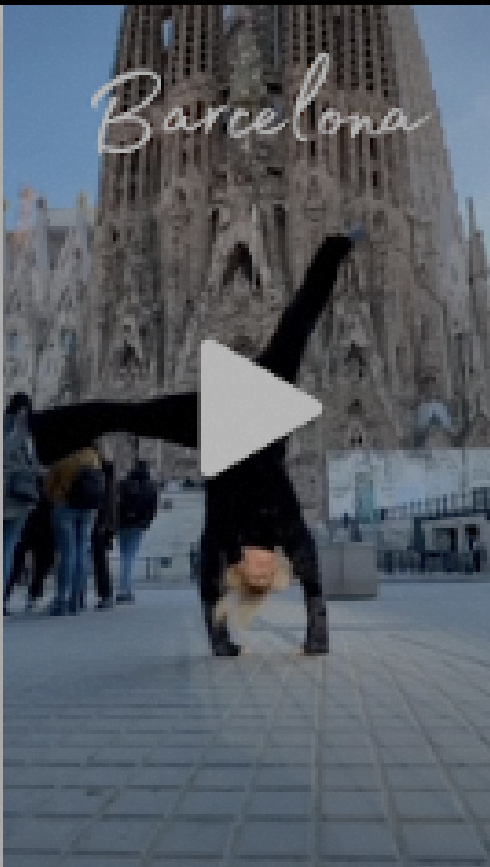


*game start*

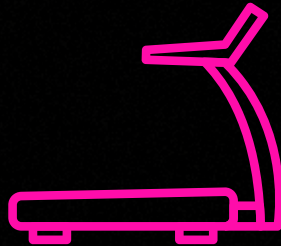
[WALKANDWORK.CO](http://WALKANDWORK.CO)



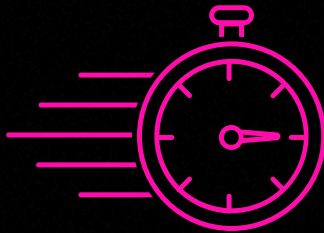
# It All Started With...



TREADMILL DESK



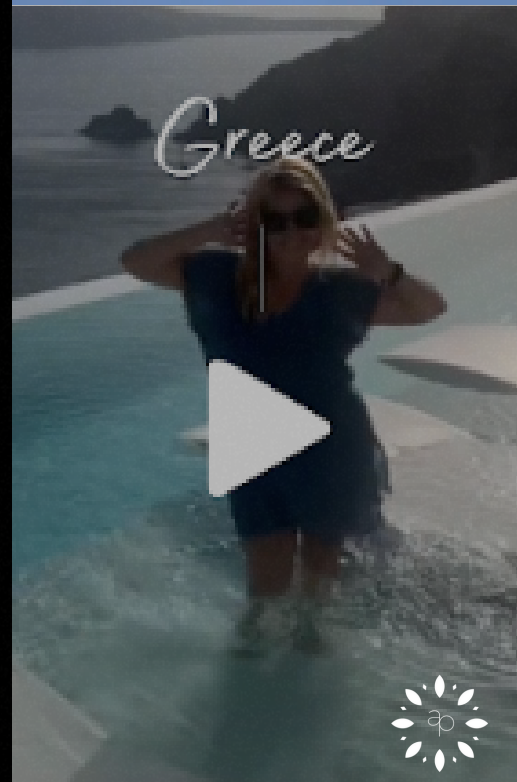
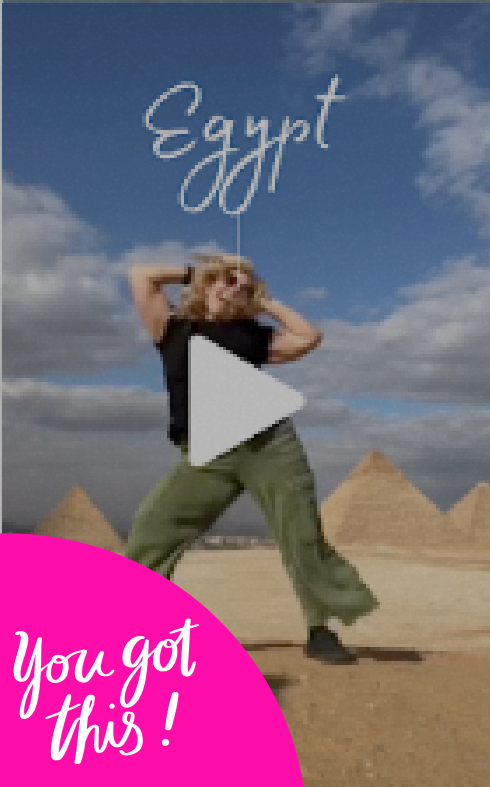
MAKE TIME



HAVE FUN

**fun**

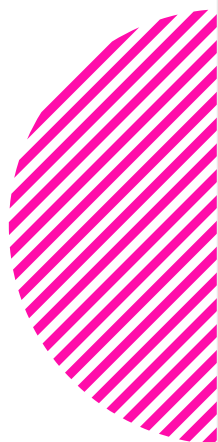
[WALKANDWORK.CO](http://WALKANDWORK.CO)



You got  
this!



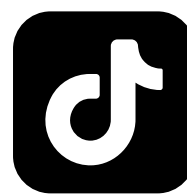
*Let's Connect!*



14K+



8K+



8K+



3K+



300+



14K+

[WALKANDWORK.CO](http://WALKANDWORK.CO)





# Let's Walk Together



connect@angelaproffitt.com



615.527.8755

(text message number, email for WhatsApp)



Schedule a time to chat

Click [HERE](#)



888.936.4212

(international phone number)



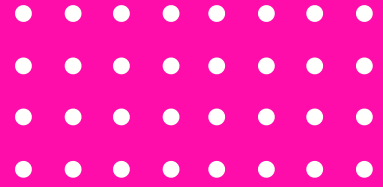
GSD Blog: consistent news to the hospitality industry, Click [HERE](#)

- DO SOMETHING TODAY THAT YOUR  
FUTURE SELF WILL THANK YOU FOR -

Our actions and decisions today will shape the way you  
will be living in the future.

[WALKANDWORK.CO](http://WALKANDWORK.CO)





*Walk & Work*

**THANK  
YOU!**

