



The Rising Workplace

Virtual Events and Webinars Catalog

Ergonomics

Office Ergonomics for the Hybrid, Office-based, and Remote Employees – 45 or 60 minutes

Customized to your needs and unique situation, this interactive webinar educates participants on how to achieve a more comfortable fit with their workspaces through an ergonomic approach. The instructor will help you apply basic ergonomics to remote work environments with the understanding that, these days, all of our work environments are different, and our challenges are unique. In this one-hour session, the ergonomic specialist will help you tease out the "ergo-fads" from the "ergo-facts" while providing practical tips and advice for working in healthier postures, incorporating more movement into the day, and combatting screen fatigue. Participants will also learn brief stretching exercises and have the opportunity for Q&A at the end of the session.



Service can be scheduled as needed at a mutually agreed upon date and time

Ergonomics in the Digital Age - 45 or 60 minutes

Ergonomic specialist Dr. Nikki Weiner covers expansive topics around ergonomics for the modern human in a tech-heavy world. During this interactive session, you will take your knowledge of ergonomics beyond the office and apply principles to everyday tasks including phone use, driving, and leisure. Participants learn about how we interact with our environments and devices on a daily basis impacts our health and performance and learn tips and strategies for longevity in both work and life. Dr. Nikki will share data and trends related to working from home during the pandemic, what we've learned so far, and the bright side of remote work as we move to a new normal.



Q&A with the Ergo Specialist – 30 minutes

Curious about ergonomics? Ask anything during this interactive Q & A session with a certified ergonomic specialist and licensed healthcare professional. What's the deal with kneeling chairs and standing desks? What type of mouse is right for me? Do blue light glasses really help? How much water should I drink in a day? Anything goes during this conversation about ergonomics and wellness for remote workers.

Virtual Ergo Drop In Sessions - Hourly

Drop In sessions are the virtual equivalent of traditional office-based ergo sweeps. This is a virtual event where employees may sign up for a 15 minute 1:1 virtual consultation with an ergonomic specialist. During these casual and informative sessions, the participant engages in a mini-assessment and consultation with the specialist and is provided with additional educational resources specific to their needs.

This service is great fit for wellness events and takes an individualized approach to ergonomics. Employees schedule their appointment using an automated tool that makes the service accessible for everyone. The ergonomic specialist is scheduled hourly or as a day rate to accommodate your group size.

Reach your dispersed or mobile workforce through interactive virtual education.

Driving Ergonomics – 45 or 60 minutes

Whether you are a distance driver or simply cruising around town, this webinar applies principles of ergonomics and safety to driving. Topics covered include how to make proper adjustments when behind the wheel, when to take breaks, and how to avoid common discomforts or injuries related to driving.

Materials Handling & Body Mechanics – 45 or 60 minutes

This webinar covers safe lifting and handling practices for work and life. The ergonomist will cover how to use mechanical advantage with your body to reduce injuries related to moving and lifting. During this interactive webinar, you will be able to practice functional body movements that you can integrate into your daily activities that protect your spine and other vulnerable areas.



Fitness

'Deskercises' with Emile – 30 minutes

Emile Clarke, certified personal trainer and ergonomic specialist, leads participants through exercises focused on specifically targeting body areas vulnerable to prolonged sitting and intensive computer use.

Using counterbalance exercises and stretches, you will learn how to improve posture, reduce muscle tightness, and increase energy for the workday ahead, or as part of a mid-day break.

Exercises modifications provided for all fitness levels- targeting the neck, wrists, hands, shoulders, chest, and back.

Interactive sessions keep remote employees engaged and focused on personal wellness.

Full Body Stretch with Emile – 30 minutes

Advanced Therapeutic Exercise Specialist Emile Clarke guides you through the full body stretch you've been waiting for, with a focus on flexibility, range of motion, and relaxation. Stretches are gentle, effective, and perfect for any fitness level.

Self-Massage & Trigger Point Massage with Emile - 30 minutes

Grab a tennis ball (or lacrosse ball) and your foam roller for a relaxing self-massage using the evidence-based technique of myofascial release. Learn how to release knots and trigger points, improve muscle function, and enhance circulation for a more comfortable day ahead. This course is led by Emile Clarke, who is a Certified Instrument Assisted Soft Tissue Mobilization Practitioner and licensed Physical Therapy Assistant (LPTA).

Office Pilates - 30 minutes

Join a certified Pilates instructor and ergonomic specialist in bridging the gap between functional exercise and desk work. Focus on your breath and engage your core in this powerful Pilates routine. Pilates for the office worker will focus on functional movement patterns and core strengthening exercises to improve posture, balance, flexibility and overall wellbeing throughout the workday. Our goal is to educate participants on safe core strengthening exercises that can be transferred to your everyday life that make you less prone to injuries or discomforts while working.



Course Instructors

Nikki Weiner OTD, OTR/L, AOEAS, CEAS II

Dr. Nikki Weiner is a licensed occupational therapist, lead ergonomic specialist, and co-founder of The Rising Workplace. She performs ergonomic assessment, consulting, and training in a wide variety of workplaces from the single home office to large industrial facilities. Nikki's work centers on the dynamic relationship between personal, environmental, and occupational factors in the workplace, with outcomes focused on employee engagement, performance and well-being. She earned a B.S. in Biological Sciences from the University of Georgia and a Doctorate in Occupational Therapy from Washington University in St. Louis.

Emile Clarke, M.S., PTA, CEAS

Emile Clarke is a certified ergonomic specialist and a fitness / post-rehab coach. To date, Emile has worked with over 6,000 clients on a 1 on 1 basis, helping them reduce their risk of injury and improve overall fitness for life. Emile's passion is empowering others to live healthier lives and improve overall well-being. Emile received a B.S. from Towson University and a M.S. in Healthcare Administration from University of Maryland. He is certified in ergonomics through the Back School of Atlanta. He is also Certified Personal Trainer with 10+ years of experience, an Advanced Therapeutic Exercise Specialist, Certified in Fascial Movement Taping, and a Certified Assisted Soft Tissue Mobilization Practitioner.

Kristi L Moore MOT, OTR/L, CIE, CEAS II

Kristi Moore is a licensed occupational therapist and Certified Industrial Ergonomist (CIE). Kristi specializes in providing virtual and on-site training, assessment, and consulting services with outcomes shown to improve performance and decrease injuries. Her Occupational Therapy background makes her particularly effective in looking at body mechanics, human behavior, and adapting tasks to match the work environment to the person. Kristi earned a M.S. in Occupational Therapy from Eastern Michigan University and a B.S. from Eastern Michigan University. She is certified in Ergonomics through the Oxford Institute and The Back School of Atlanta.



Christina M. Russo, MS OTR/L, CEAS, CEES

Christina is both a licensed Occupational Therapist and a Certified Ergonomic Assessment Specialist. She founded and developed Ergonomic Consultants of New Jersey and served as the Ergonomics Coordinator for Atlantic Health System, a 5-hospital healthcare system. A strong problem-solver and loyal professional, she loves helping others achieve optimal performance and overall health and wellness in their work environments. Christina graduated from The College of New Jersey in 2010 with a B.S. in Health & Exercise Science and received her M.S. in Occupational Therapy from Thomas Jefferson University in 2012.

Cindy Gunther, OTR/L, AOEAS

Cindy Gunther is a licensed occupational therapist, Advanced Office Ergonomics Assessment Specialist (AOEAS), and classically trained Pilates instructor. Pilates has become a life-long practice for her in maintaining balance and strength in her life. Cindy has a unique awareness of body movement and mechanics because of her Pilates training and 10+ years as an Occupational therapist specializing in neurological deficits, orthopedic injuries, and ergonomics. In workplace settings, Cindy specializes in virtual office assessments and developing and implementing stretch and flex programs. She earned a bachelor's in Health Sciences from James Madison University and a Masters in Occupational Therapy from University of Wisconsin-Madison.



Service Rates

45- 60 Minute Sessions

\$480 for up to 100 participants

\$580 for up to 500 participants

30 Minute Sessions

\$350 for up to 100 participants

\$450 for up to 500 participants

Hourly Rate for 1:1 Sessions

\$180/ hour

Minimum required

Price is subject to change based on customization needs.

Discount may apply when booking multiple services.

Polished pre-recorded version require quote.

Driving Ergonomics & Materials Handling require quote.

Some webinars may require multiple sessions depending on ideal group size.