



Strategic Planning, Operations & Corporate Wellness

Margo Rudzinski, CWP, President
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518.469.9259
www.mjkstrategies.com

* NYS WBE #70235



*“A firm dedicated to businesses striving to improve
strategy, culture, and wellbeing.”*



Overview



Margo Rudzinski, CWP, President
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MJK Strategies, LLC brings almost 40 years' experience in consulting to our clients. We bring overall corporate wellness and corporate "business health" to the forefront of your organization by offering the following services:

- Strategic Planning
- Business Management/Development
- Corporate Wellness/Safety Program Development & Execution
- Career Mentoring Programs
- Staff Engagement Programs
- Resource Allocation, Development & Assessment
- Operational Engagement, Flow & Communications
- Successful Team Environments, Communication, & Accountability
- Project Management Execution & Training
- Environmental Compliance Services

"Margo has truly invested the time in understanding the science as well as the varied mix of partners and clients instead of imposing a preconceived routine business model..."

- Frank L. Rice, PhD

**Strategic Planning, Operations &
Corporate Wellness Services**



Corporate Wellness

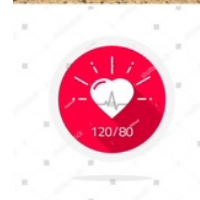
Services

- Analysis with Safety & Human Resource Programs
- Accident Reduction
- Engagement of Health Insurance Services & Wellness Benefits
- Wellness Program Survey, Assessment & Implementation
- ROI Analysis
- Cultural Integration
- Ongoing Training, Communication & Education
- Retreat Facilitation



Training & Certifications

- Certified Wellness Practitioner
- OSHA 40 Hour
- OSHA 10 Hour
- NYSDOL Asbestos Supervisor #95-09241
- 1st Aid
- DEI Awareness
- National Association of Health & Fitness
- CDPHP Approved Subconsultant Trainer



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Employee Training / Development

Services

- Program Assessment
- Training Matrix Development
- Program Development & Training
- Training Documentation & Tracking
- Wellness Programs & Training
- OSHA Training
- Project Management Training
- Retreat Facilitation



Training & Certifications

- Certified Wellness Practitioner
- OSHA 40 Hour
- OSHA 10 Hour
- NYSDOL Asbestos Supervisor #95-09241
- 1st Aid
- DEI Awareness
- National Association of Health & Fitness
- PMA Institute Project Management & Technical Writing Training
- Deming's Total Quality Management and ISO 9000/14000 Training
- Franklin Covey - Planner, Time Management, and Organizational Skills Training
- Capital Region Chamber, Capital Leadership Program
- Dale Carnegie - Presentation Skills & Outstanding Performance Awards

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***Strategic Planning, Operations &
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Health, Safety & Environmental Services



Services

- Regulatory Assessment
- Written & Permitting Programs
- SOP Development
- Risk Reduction Programs
- Business Impact Assessment
- Cultural Integration
- OSHA/NYSDEC/USEPA Assistance
- Governance Assistance
- Regulatory Audits
- On-Site Inspections
- On-Site Implementation
- Behavior Based Implementation
- Engineering Controls
- PPE/Equipment Use
- Accident Investigation & Reduction
- Wellness Program

Training & Certifications

- Certified Wellness Practitioner
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**Strategic Planning, Operations &
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Strategic Planning, Operations & Business Function Services

Services

- Resource Allocation and Scheduling
- Staffing Management, Performance & Career Development
- Project Management, Performance & Execution
- Internal Operations
- Organizational Structure
- Business Processes Development or Streamlining
- Talent Acquisition & Development
- Human Resource Activities (non-compliance related)
- Risk Management Activities
- Contract Management
- Marketing Approaches
- KPI Tracking
- Strategic Planning & Ongoing Implementation
- Cultural Initiatives/Engagement
- Leadership Development
- Budgeting
- Office Wellness Programs

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Strategic Planning Cycle



Training & Certifications

- National Wellness Institute - Certified Wellness Practitioner
- McClean Consulting - Diversity, Equity, Inclusion Training
- PMA Institute - Project Management & Technical Writing Training
- Deming's Total Quality Management and ISO 9000/14000 Training
- Franklin Covey - Planner, Time Management, and Organizational Skills Training
- Capital Region Chamber, Capital Leadership Program
- Dale Carnegie - Presentation Skills & Outstanding Performance Awards



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