

# Wellness Change Talks: 2015 Series



**Overview:** Wellness change talks go beyond educating employees; they engage them in change talk, allowing them to discuss their desire, ability, reason, and need to change behavior and commit to such change. When people talk about change themselves, they are more likely to change than if someone else (such as a clinician, friend, or relative) talks about it.

**Fascilitated by:** Health professional trained in the technique of "change talk"

**Size / Length / Cost:** Groups of up to 15 people / 45-60 minutes / \$200 per session (discounts offered on 12-month contracts)

2015 Title		Description
JAN	Creativity, Commitment, & Consistency: Common Denominators of Healthy People	Living a healthy lifestyle and feeling your best does not have to be difficult nor does it have to be expensive. With a little creativity, a dose of commitment, and pledge of consistency, anyone can reach and maintain the healthy life they desire! Come discuss and determine what creative, healthy behaviors you are ready to commit to and be consistent at doing.
FEB	Mindful Living & Forgiving	There is no use being hard on yourself! This session discusses the role and value of mindfulness, perspective, forgiveness, and appreciation for lessons learned. All four are instrumental when it comes to moving forward and making a healthy lifestyle a lifelong, enjoyable journey. Come share your thoughts and experiences and how you plan to more fully incorporate these into your life.
MAR	Counting... When Less is More	Is counting becoming your worst enemy? Counting calories, counting steps, counting minutes exercised... it all has its place, but it can get overwhelming. Do not let counting get out of hand. Instead, come and discuss how to count first and foremost on your body and your mind and trust in them again... both are on your side.
APR	Low & No-Cost Resources for Staying Healthy	What is wonderful about the community we live in? Almost everything! Especially the numerous low and no-cost ways for exercising our mind and body! Come learn, share, and commit to trying such local and state resources that are in place to assist you in living a healthy and vibrant life on a thrifty budget!
MAY	Qualities & Traits of Healthy, Happy People	What traits do you find in the healthiest and happiest people you know? Come share. Come learn. Come discuss such traits. And come determine which ones you plan to embed into your life. Be on your way to becoming one of the healthiest and happiest people you know!

JUN	Time & Money-Saving Meal Strategies	We all have something in common... a need for fuel! And while meals and snacks can be a delicious part of life, it seems they sometimes tap our energy instead of provide us with it. What are we going to eat this week? How can I feed my family healthy food and stay on a budget? Can meal preparation take less of my time and energy? The answer to all these questions is "Yes!" This discussion allows participants to learn such strategies, share what works for them, and identify handy tips that they, too, can begin to incorporate.
JUL	Healthy Meetings - No Problem!	Let's face it. It can be intimidating and uncomfortable to run a healthy meeting. If it was not, then more people would be standing, more breaks would be encouraged, and more healthy options for food and beverages would be available. But this is not the norm... not yet anyways. What if a few seamless strategies could be adopted and incorporated in your meetings without extra work, money, and awkwardness? Well, such strategies exist. Come learn about them. Come discuss them. Come figure out what will work for you and your next sit-down ( <i>or better yet - standing or walking</i> ) meeting.
AUG	Crazy-Happy-Healthy Work	With so many hats to wear at work these days, it is not surprising that some employees replace their "I will take a break" hat with a "quick finish this project or write this email" hat. Before they know it, purposeful breaks and healthy habits at work are forgotten about altogether. Do not let work take over your health priorities. Come learn, share, and commit to healthful workdays from this day forward... and be ready to turn crazy work into "crazy-happy-healthy" work again!
SEP	Tackling Health Head On	Are you at your peak health or are you settling for less? If the latter, it is time to refocus. Come spend an hour with other men and women and discuss what it would be like to suit up, tackle some health goals, and make a lifelong commitment to feeling your best. No excuses.
OCT	Letting Go & Living Better	Does it seem that there is just no time in your day to make time for health - be it eat well, exercise, take breaks at work, sleep, read, spend quality time alone or with others, etc.? Are life's obligations just too much? Come discuss your obligations. Determine which ones might not be obligations after all and, instead, might be worth letting go of. Leave with a little less stress and little more time... for you to finally use for yourself and your health priorities.
NOV	Rediscover Your ( <i>Younger</i> ) Self!	Do you feel like you are too young to feel this darn old? This session is for working men and women who are just too young to be burned out and are ready to discover (or rediscover) their health, energy, and their best selves again. Be ready to incorporate such fountains of youth into your everyday life again!
DEC	Habit Overhaul: From Poor to Performance	We all have some poor habits. But there is no need to carry all of them into the new year! Come determine which poor lifestyle habit(s) you are going to face, change, and overcome so that you feel and perform better from here on out.

**Contact Info:** [www.wellsimplified.com](http://www.wellsimplified.com) - 970.219.3334 - [Liz@WellSimplified.com](mailto:Liz@WellSimplified.com)