

Health Ambassador Training

Class 1



The “State” of Tennessee

A Look at the Health of Tennesseans

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Tennessee Department of Health
Office of Minority Health and Disparities Elimination

January 22, 2015



Tennessee Department of Health's Mission:

**“To protect, promote and improve the health
and prosperity of people in Tennessee.”**



How do we compare?



We're doing really well in...

Out of all the states, Tennessee has the lowest rate of binge/excessive drinking.

Death

- Drug Deaths 40th
- Infant Mortality 41st
- Cardiovascular Deaths 44th
- Cancer Deaths 44th

Disease

- Stroke 45th
- Diabetes 46th
- Heart Disease 49th
- Heart Attack 49th

Risk Factors

- High Cholesterol 30th
- High Blood Pressure 45th
- Smoking 47th
- Obesity 47th

Behaviors/Conditions that Promote Wellness

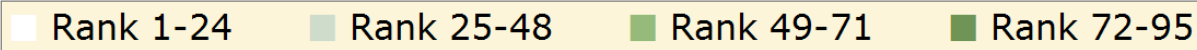
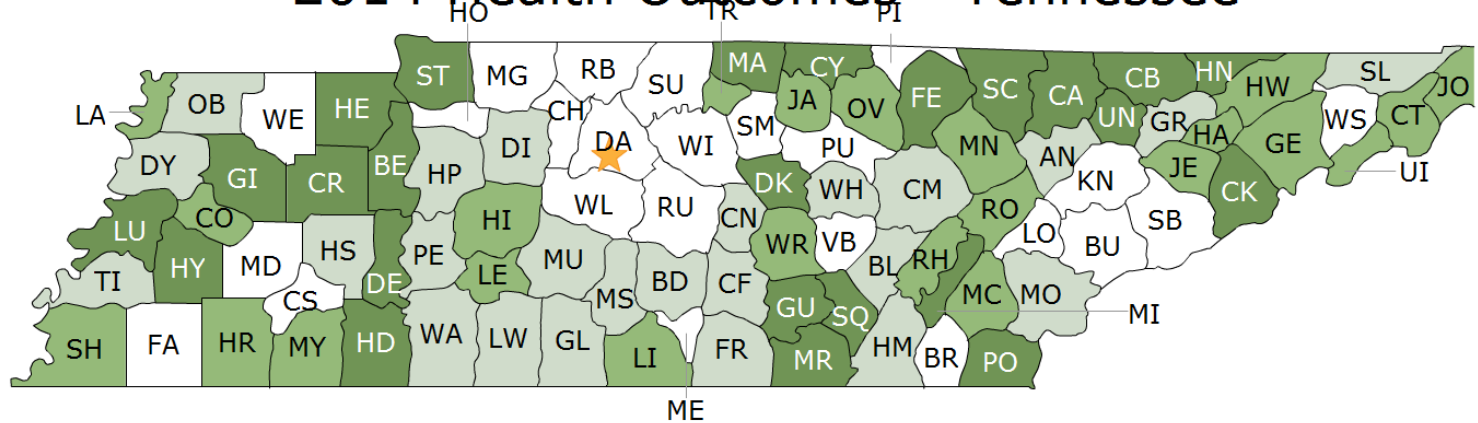
- Preterm birth 40th
- Insufficient sleep 42nd
- Unemployment 42nd
- Eating enough vegetables 42nd
- Children in poverty 45th
- Eating enough fruits 49th
- Being physically active 49th
- Violent crime 50th

We're Number.....

45!

Health Outcomes

2014 Health Outcomes - Tennessee



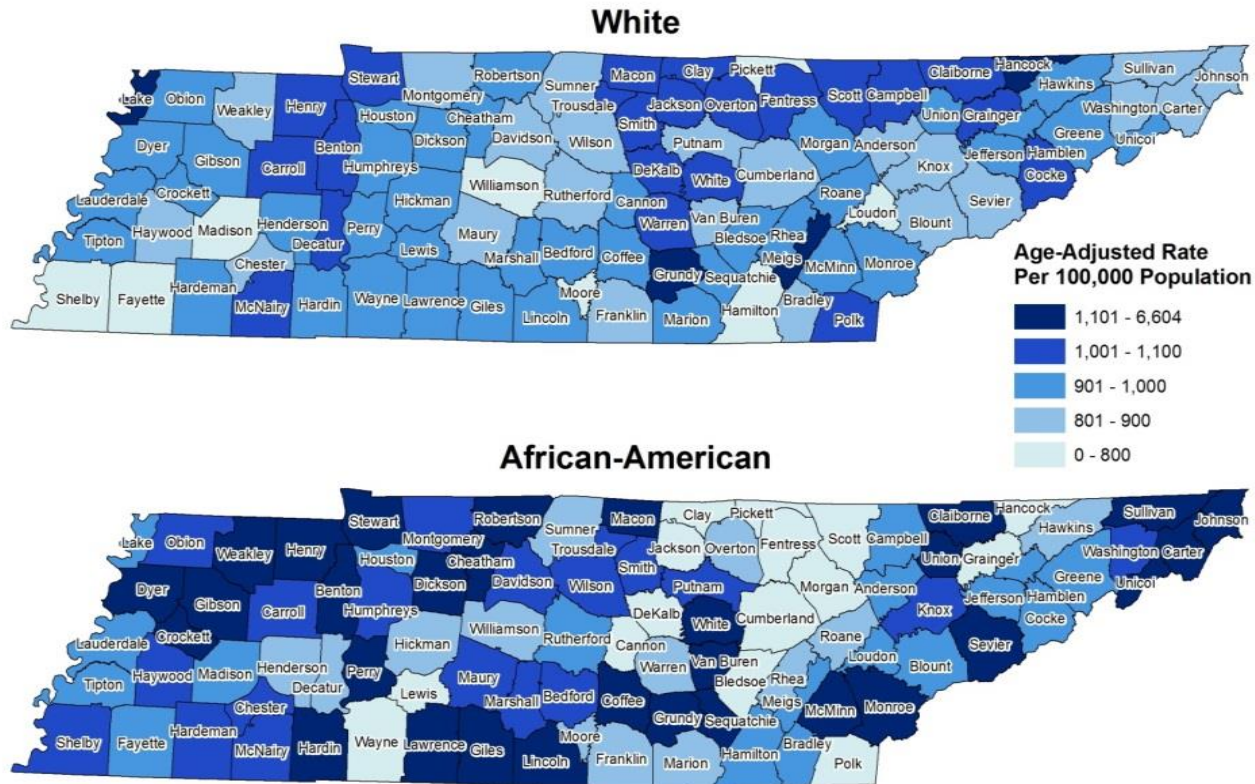
County Health
Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

Disparities in Death

All-Cause Mortality Rate by County By Race, Tennessee, 2009-2011



Data source: Tennessee Department of Health; Division of Policy, Planning and Assessment.
Death Statistical System, 2009-2011

Map and analysis by Tennessee Department of Health; Division of Policy, Planning and Assessment;
Surveillance, Epidemiology and Evaluation

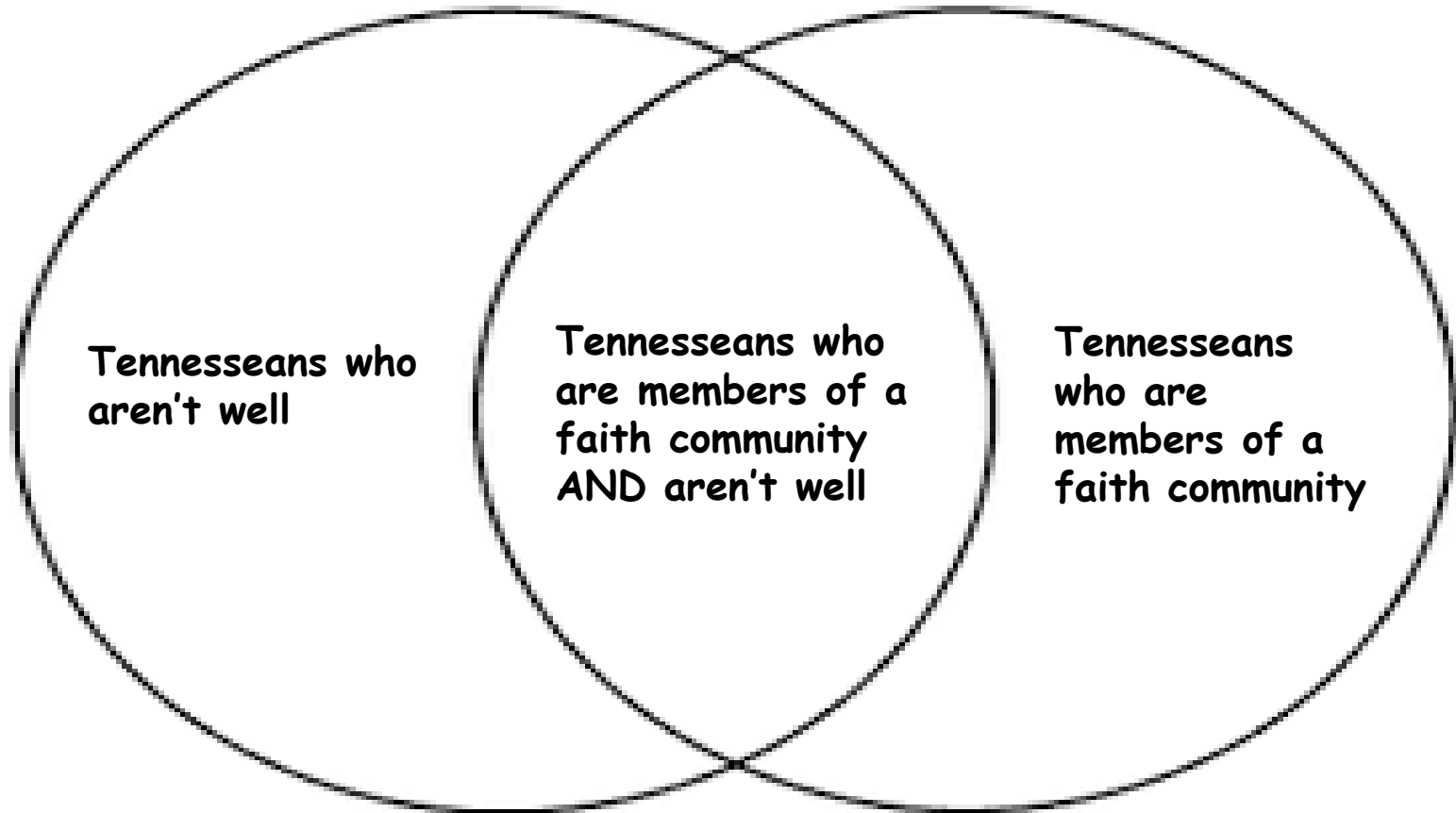
So What Does Faith Have to Do Being 45th?

In 2013, **54** percent of Tennesseans reported being very religious, and **29** percent reported being moderately religious, making Tennessee the sixth most religious state in the US.

Over 3 million Tennesseans are part of a faith community.

1,000s of faith communities across the state.

What Does All This Mean?



How Could Faith Impact Health?

What if over half of our population had the resources, support and motivation to improve their well-being?

What if our faith communities were actively engaged in promoting health and well-being?

A Health Champion in Every Congregation



10,500+ Tennesseans!



Learning and Protecting



- Exploring
- Expansion
- Allowing
- Beginner's Mind
- Releasing
- Yes
- Love



- Hiding
- Contraction
- Controlling
- Expert Mind
- Holding On
- No
- Fear

The Learning and Protecting Dance



Awareness and Recalibration



Internal Yes and No

- **Yes**
 - Recall recent experience that was expansive, pleasurable, or uplifting.
 - Where do you experience it in your body?
- **No**
 - Recall recent experience that was contractive, uncomfortable, or defensive.
 - Where do you experience it in your body?

Protecting or Self-Care?

- Distinction between protecting mode and self-care
- Protecting mode hurts
- Learning mode feels good
- Setting firm boundaries (self-care) in learning mode feels good
- Experiment





***“Tell me, what is it you plan to do
with your one wild and precious life?”***

~ Mary Oliver, *House of Light*, 1990

Orientation

- ❖ Agreements
- ❖ Teleconference System
- ❖ Training Center
- ❖ Buddy Coaching
- ❖ Online Participation Reporting
- ❖ Homework


Agreements

- ❖ What happens in the session of a personal nature is strictly confidential. I agree not to share anything with others outside of the training.
- ❖ I will arrive on time.
- ❖ I will stay focused and refrain from multi-tasking during the class.
- ❖ To the best of my ability, I will arrange to be in a quiet place for class calls. If there is background noise I will press *6 on my phone to mute my line.
- ❖ I'll refrain from using a speaker phone as it can create feedback and interfere with the quality of the conference call.
- ❖ I will say my name before I speak so everyone knows who is speaking.
- ❖ I will communicate with the instructors if there is a problem.
- ❖ I will participate wholeheartedly so I may get the most from this training.
- ❖ I will check my email every day for important notices and communications from the trainers or my buddy coaches (between classes 8-11).

Teleconference System

- ❖ Be sure to call in prior to the start of class. Call in 1-2 minutes early if possible.
- ❖ If you hear “Mute on” and “Mute off”, that means that noise is coming from your line and you need to mute yourself. Press *6 on your keypad.
- ❖ If we have to mute you, you can’t unmute yourself when you want to speak.
- ❖ If you have trouble calling in, or accessing StartMeeting online, call their customer service at 877-553-1680.

Training Center Tour



ADMIN CENTER

WellPeople

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[< RETURN TO MAIN MENU](#)

User Management Reports Authorization My Account **Training Center** Marketing Resources FAQ

My Class My Class

Assignments Recordings Class Participation Messages Wheel Library Profile

Use these links to navigate below

Class 1	Class 2	Class 3	Class 4	Class 5	Class 6	Class 7
Class 8	Class 9	Class 10	Class 11	Class 12	Class 13	Class 14

CLASS 1: THURSDAY, JANUARY 22, 2015 - Orientation - Foundations of Wellness Theory [\(Top\)](#)

We will start with a overview of the Health Ambassador Training as well a brief overview of today's class. Please be on time.

Then we'll explore two themes that will be carried throughout the course: 1) Learning and protecting modes of being. 2) the Wellness Wheel as a life model and organizing principle.

To make sure the class runs as smoothly as possible and you get the most from the course, we'll do a short overview of the mechanics of this class. Please read the "orientation" document listed below under Required Reading and have it either printed or easily accessible on your computer so we can discuss it.

Next, we will explore the foundations of our whole person wellness philosophy, as well as the assessment portion of the online Wellness Inventory program, using the two PowerPoint presentations, "What is Wellness" and "Taking the Assessment". Please review both prior to class (in Required Reading). The 2 presentations are also included in the PowerPoint under "PowerPoint Used in Live Class Presentation".

Following class 1 you will receive an email with a personal Wellness Inventory subscription to use throughout the training. You need to complete the full assessment and your first action step prior to class 2.

Participating in the Live Class: To join the live class each week you will need to call in by phone (or through your computer) for the audio portion, and to login to view the live presentation that accompanies the class instruction.

Training Center

Required Reading and Requiring Viewing assignments are to be done in preparation for this class.

Homework & Buddy Work, and Buddy Pairings are based on what you've learned in this class and therefore done after this class.

PowerPoint Used in Live Class Presentation is provided so that you can review the presentation prior to class, or be able to follow the instruction during class if you are not online.

Recommended Reading is not a requirement, but suggested reading to deepen your learning.

Buddy Coaching

- ❖ We will cover Buddy Coaching and reporting on Buddy Coaching sessions in class 8.

Online Participation Reporting



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[My Class](#)

Click on Edit link on right of class notes to add/update notes and other information for that class. Do not enter information on this page.

[Assignments](#) [Recordings](#) [Class](#) [Participation](#) [Messages](#) [Wheel](#) [Library](#) [Profile](#)

CLASS/DATE	ATTEND	HOMEWORK COMPLETE	BUDDYWORK COMPLETE	BUDDY COACH NOTES	
1: 9/17/2014	No			<input type="text"/>	Edit
2: 9/24/2014	No			<input type="text"/>	Edit
3: 10/1/2014	No			<input type="text"/>	Edit
4: 10/8/2014	No			<input type="text"/>	Edit



Health Ambassador Training

Online Participation Reporting

CLOSE

CERTIFICATION PARTICIPATION

Update your participation information below

Homework Complete	<input type="text" value="9/9/2014"/> 
Buddywork Complete	<input type="text" value="9/9/2014"/> 
Buddy Coach 1	<--- Select Item ---> ▼
Buddy Coach 2	<--- Select Item ---> ▼
Attended Class	<input type="checkbox"/>
Notes	<div style="border: 1px solid #ccc; height: 200px; width: 100%;"></div>

Attendance

- ❖ You may only miss 2 live classes for if you want to receive the Health Ambassador Certificate.
- ❖ You are required to view the recordings of any missed classes. Classes are recorded as mp4 videos. You can access the videos under the “Recordings” tab.
- ❖ If you have an emergency and need to miss more than two classes for any reason, check with the instructors for how you can make up the class. You need to view the videos of the class(s) and submit a short report on the class.

Homework

Homework Following a Class

Download the Homework Assignments for that class. The homework assignment are designed to be completed after that class, and before the next class.

- 1) Awareness exercise to do during the week.
- 2) Assignment with the Wellness Inventory program.
- 3) Buddy Work assignments – Suggestions for buddy coaching (Classes 8-11 only).

To Prepare for Next Class

- ❖ Read the Required Reading for the next class prior to class.

What is Wellness?

An exploration.

Whole Person Model.





Which lens are you looking through?
Whole Person model or Disease model?

**“Prevention is an
outdated concept.**

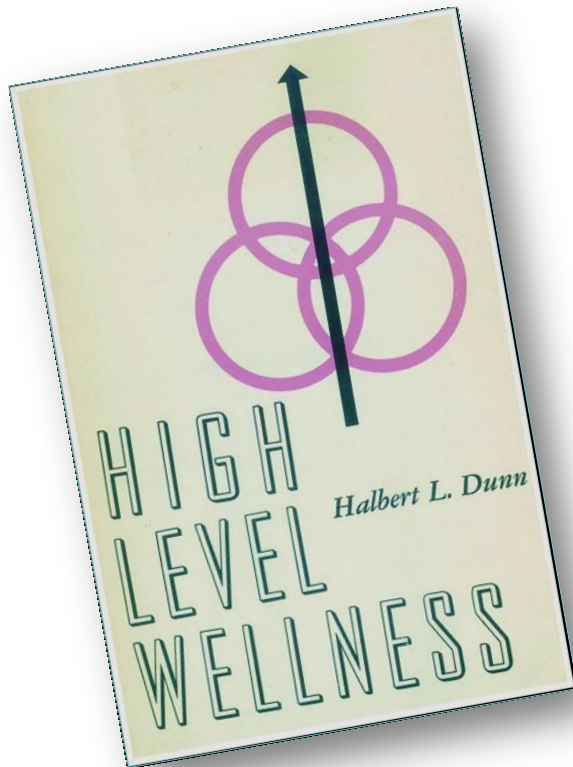
**The new concept is
creating wellness.”**

Sen. Barbara Mikulski



“Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease and infirmity.”

(Preamble, Constitution 1948)



**“High-level wellness is an
integrated method
of functioning ...
maximizing the potential
of the individual...”**

Halbert L. Dunn, MD, PhD
Chief, National Office of Vital Statistics
U.S. Public Health Service

(Published 1961)

Wellness Pioneer.

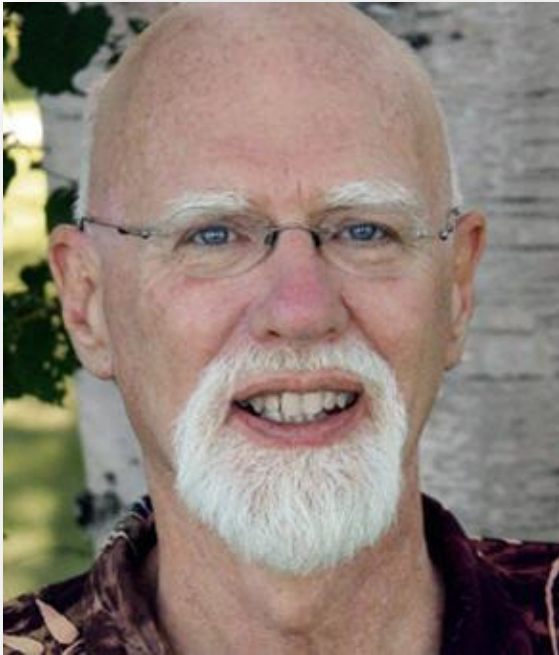


**Seed for today's
wellbeing movement.**

John W. Travis, MD, MPH

- Residency in Preventive Medicine at Johns Hopkins. Officer, U.S. Public Health Service.
- Protégé of Dr. Lewis Robbins, creator of first Health Risk Appraisal (HRA) and Society for Prospective Medicine.
- 1972: developed the Illness-Wellness Continuum model still used today by professionals and universities.

Leadership vision.



John W. Travis, MD, MPH

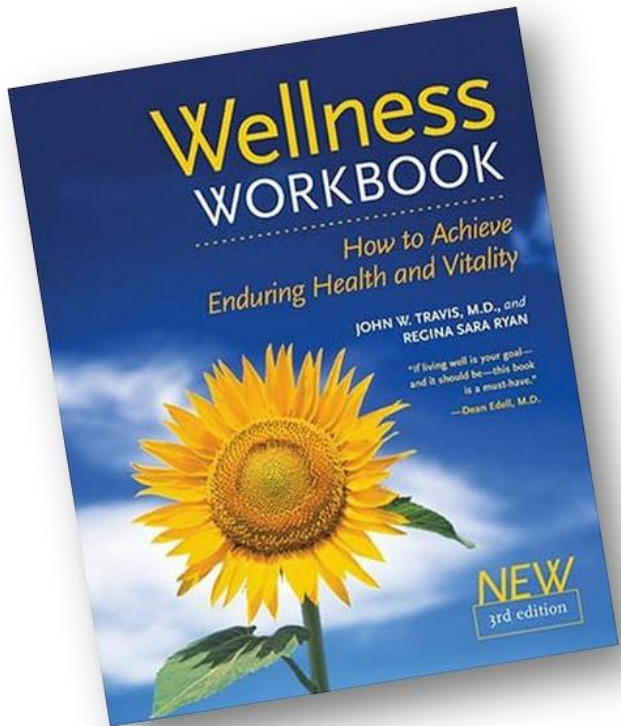
- Created first wellness center in U.S. in 1975 – the Wellness Resource Center. Helped launch the wellness movement.
- Developed the first wellness assessment, the Wellness Inventory, as a whole person intake for the Wellness Resource Center.
- Co-created facilitation program that was a forerunner of modern coaching.



John W. Travis, MD, MPH

- Featured with Dan Rather on 60 Minutes as pioneer in new wellness movement.
- First time the concept of wellness introduced in mainstream USA media.

John W. Travis, MD, MPH



- Published the *Wellness Workbook* in 1981.
- Published the *Wellness for Helping Professionals in 1991*.
- Applied his wellness model to helping professional burnout
- **Now**, Wellness Inventory has been adapted into an interactive **online program**.

Dr. Travis and Don Ardell receive first global award for wellness innovation as founding fathers of the wellness movement - Global Spa & Wellness Summit, Sept. 2014.



Health Ambassador Training

What is Wellness?

John W. Travis, MD, MPH

Wellness is a choice.... a decision you make to move toward optimal health.

Wellness is a way of life.... a lifestyle you design to achieve your highest potential for well-being.

Wellness is a process.... a developing awareness that there is no end point but that health and happiness are possible in each moment, here and now.

Wellness is the integration of the body, mind, and spirit...the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health.

Wellness is the loving acceptance of yourself.

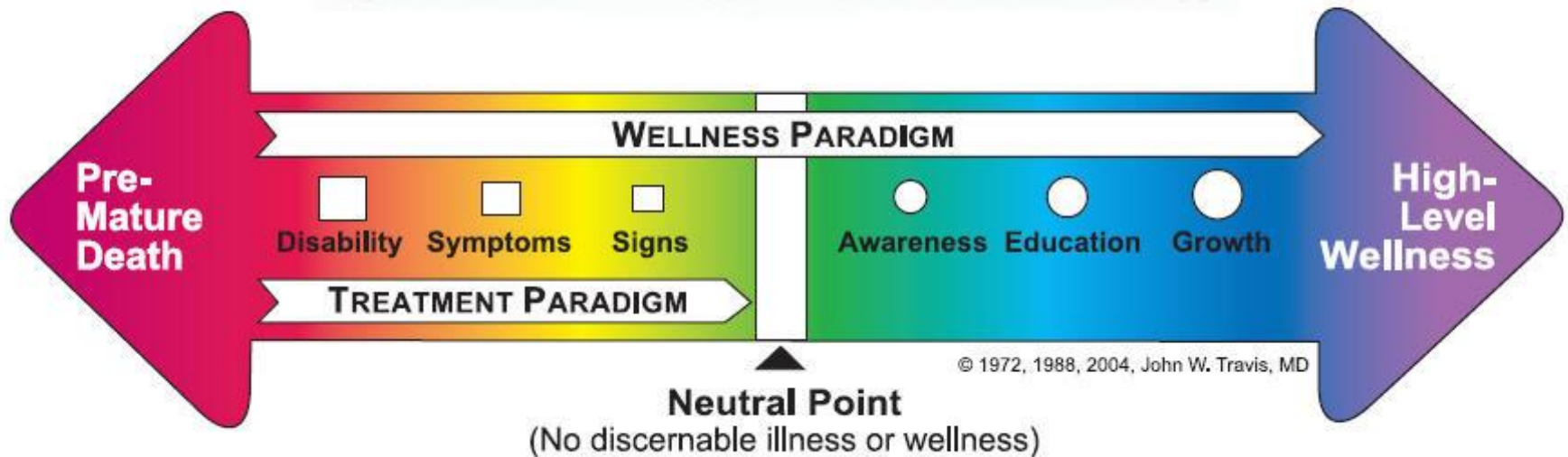


**WELLNESS
INVENTORY**

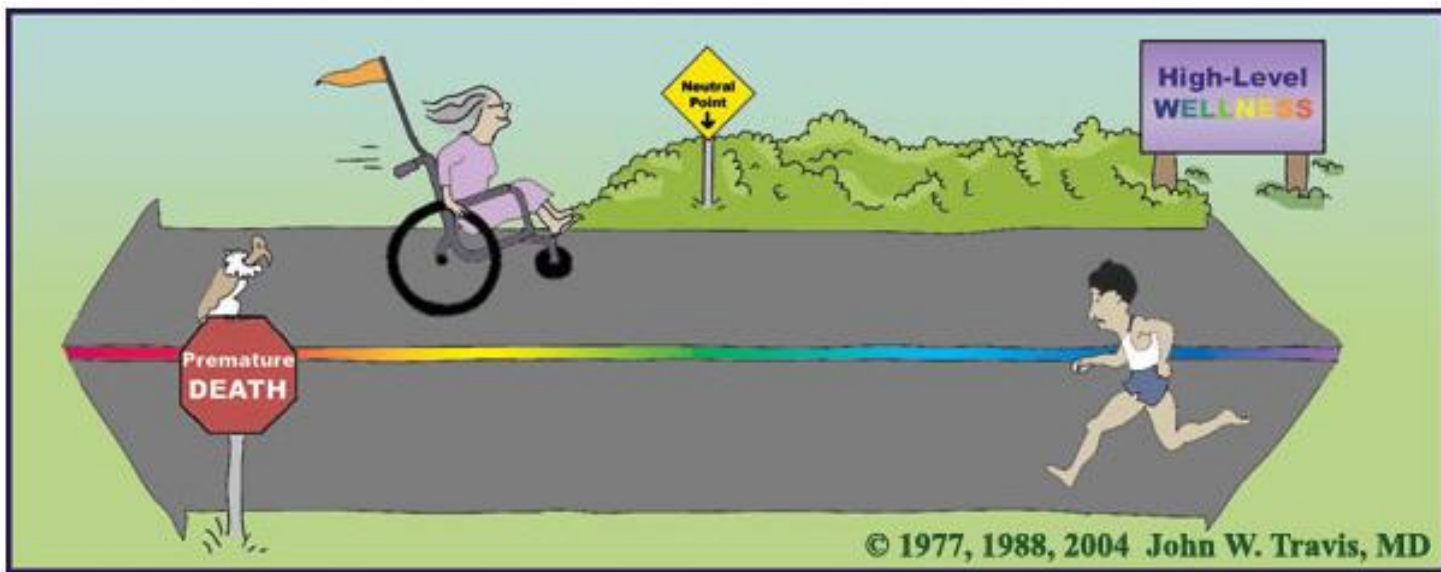
3 Key Wellness Concepts from Dr. Travis

- ❖ **Illness-Wellness Continuum**
- ❖ **Iceberg Model of Health**
- ❖ **Wellness Energy System**

Illness-Wellness Continuum



The Illness-Wellness Continuum

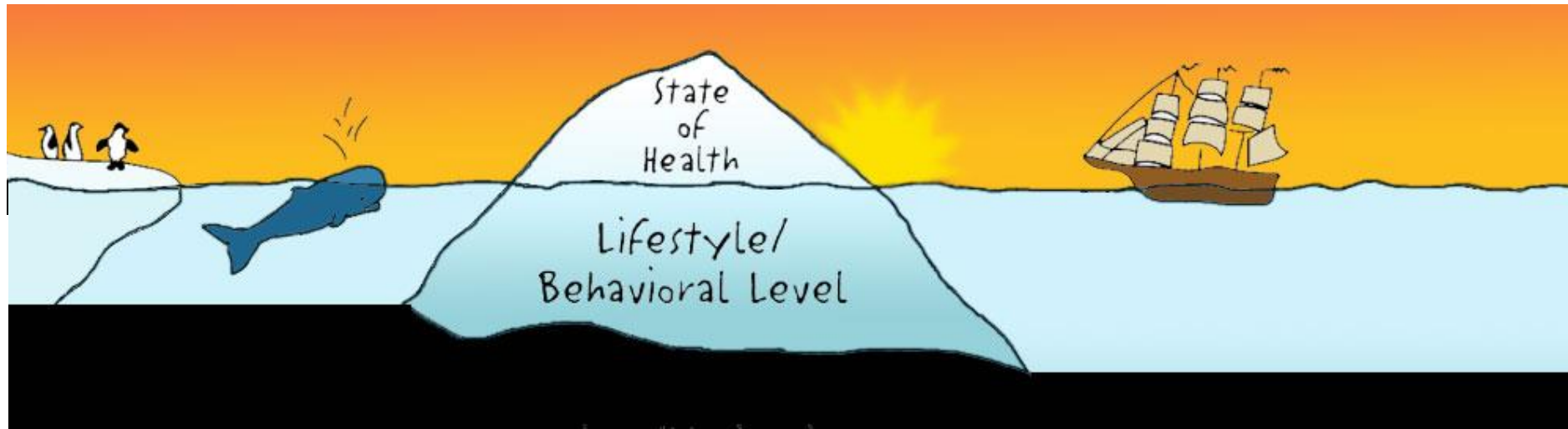


The Iceberg Model of Health

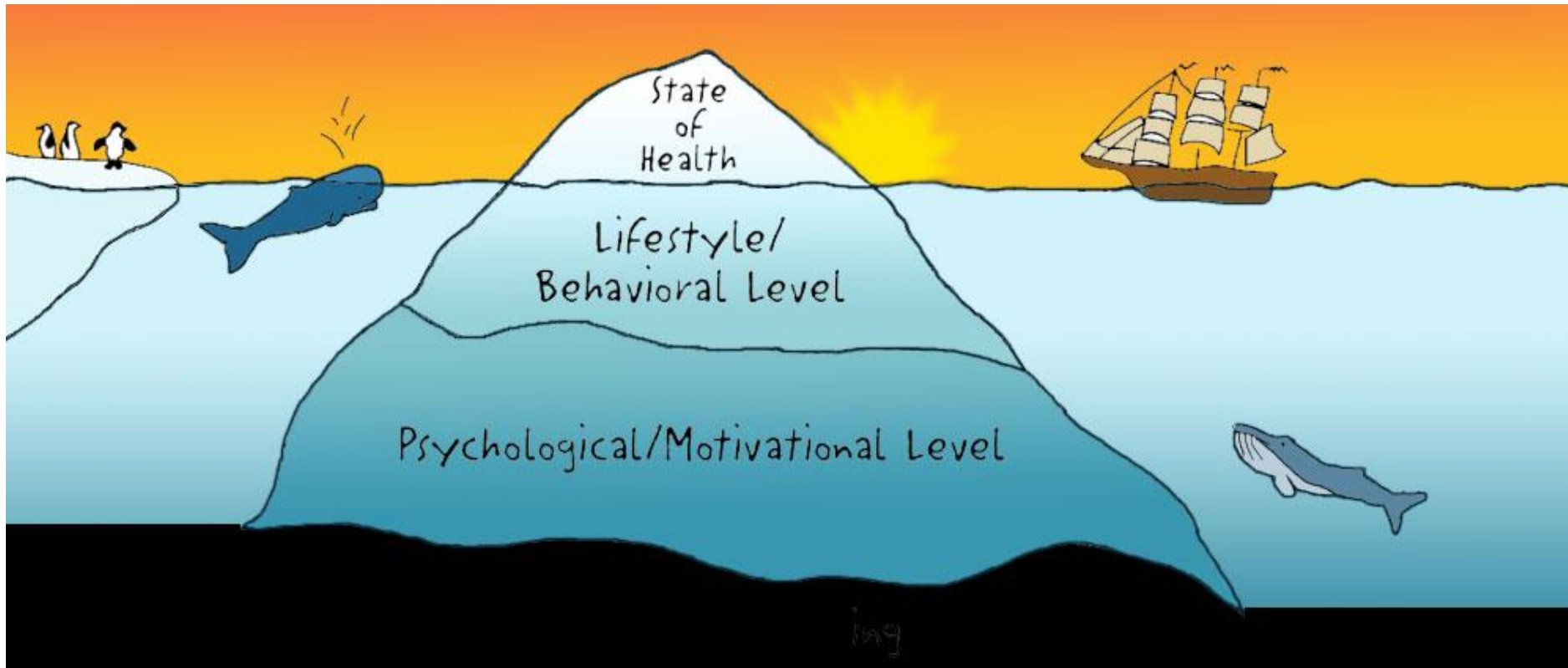
Illness and Health are only the tip of an iceberg.
To understand their causes you must look below the surface.



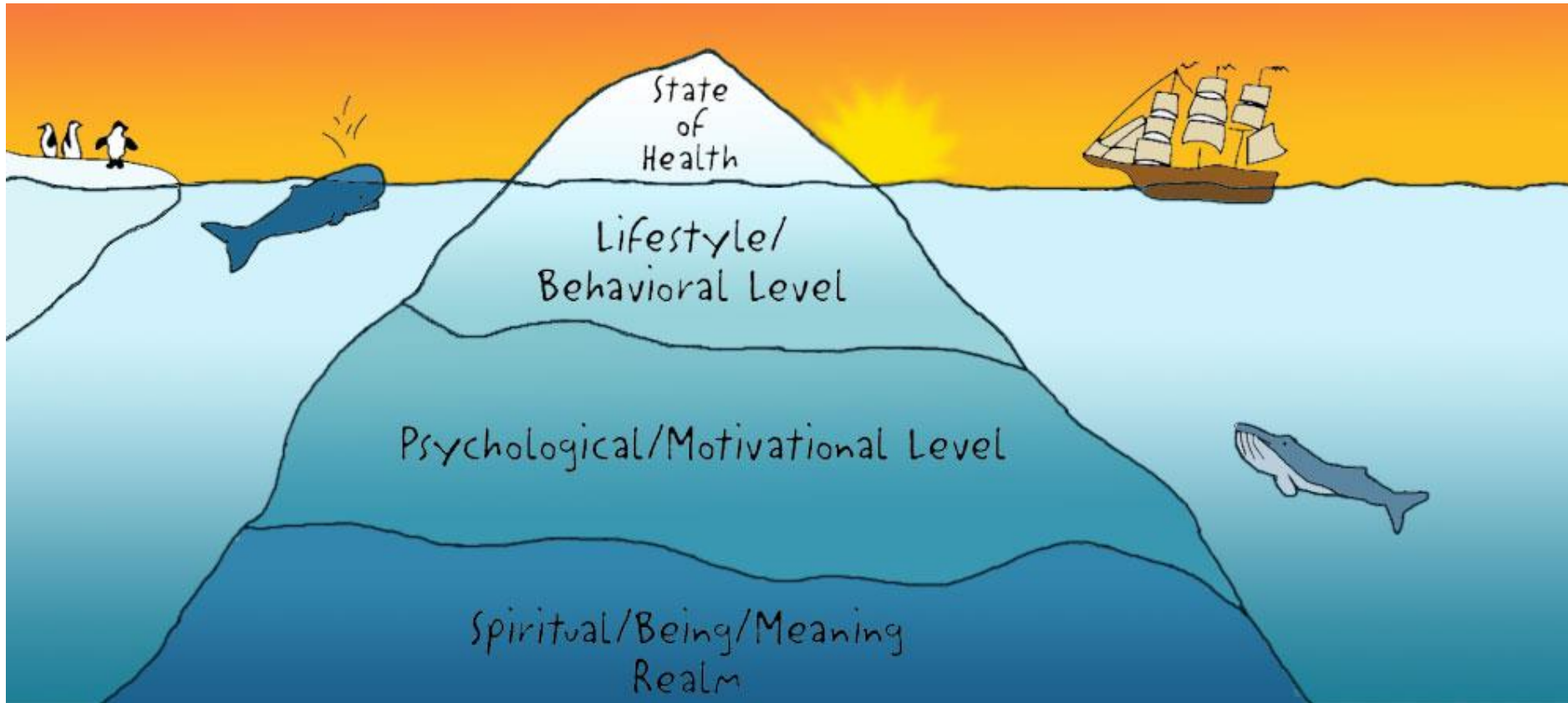
The Iceberg Model of Health



The Iceberg Model of Health



The Iceberg Model of Health



Wellness Energy System



Wellness Energy System - Inputs



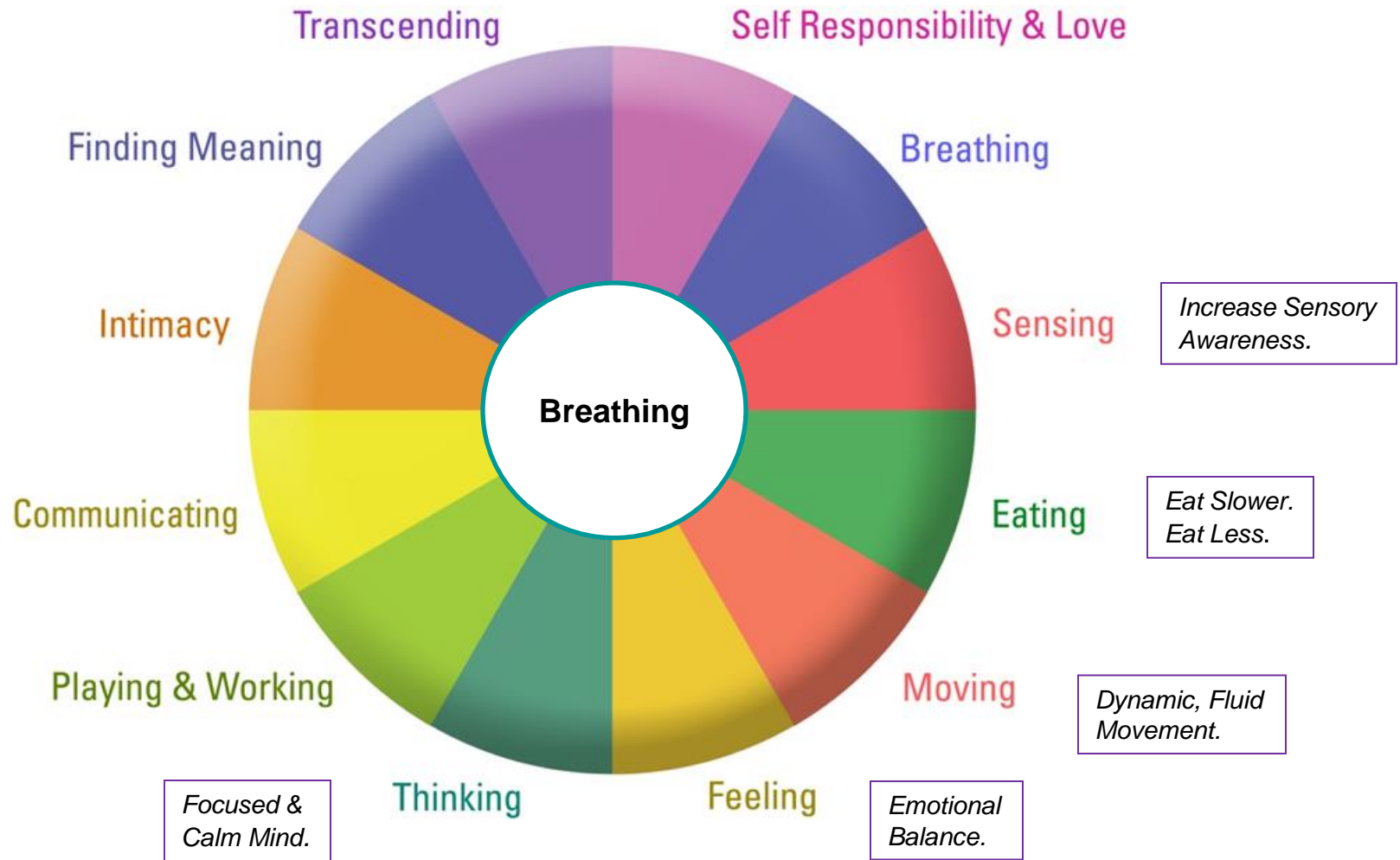
12 Core Life Processes



Dynamic System of Interrelated Elements



Dynamic System of Interrelated Elements



A Central Organizing Principle

for creating and managing ongoing wellness.



Whole Person Approach to.....



Whole Person Approach to.....



Whole Person Approach to.....



Completing the Whole Person Assessment

First Stage of Your Wellness Journey



Whole Person Assessment

Assess yourself in 12 key dimensions of wellbeing.



**The Assessment is an educational tool
and a self-evaluation tool.**



Stimulating Awareness of New Possibilities for Change



Approach the whole person assessment process in “Learning Mode” – with a spirit of exploration.

This allows you to experience the greatest benefit from the assessment process.

Being in “Learning Mode” helps you to answer questions more honestly, and lessen the tendency to try to perform well to get “higher” scores.

It also helps lessen self-criticism and shame that may arise by approaching the assessment in “Protecting Mode.”



Exploring the Whole Person



First Time User Experience

- ❖ Email Authorization
- ❖ Registration
- ❖ About You – Demographics & Time Zone Info
- ❖ Welcome page
- ❖ Short Intro Tour
- ❖ Complete Assessment
- ❖ View Wellness & Motivation Scores
- ❖ Start Action Plan or Log Off
- ❖ Personalize Home Page or Log Off



Authorization Email



YOUR PERSONAL LOGIN

Peter,

Level I Training - Fall 2014 - Tuesday is sending you a one-year subscription to the Wellness Inventory program.

LOGGING IN

You have been authorized by Level I Training - Fall 2014 - Tuesday to take the Wellness Inventory. As you have previously registered, click [HERE](#) for a one time re-registration.

For return visits to the site remember to bookmark www.mywellbeingjourney.com/

This is a non-response email. Please do not respond to this email.

Note: The Wellness Inventory utilizes pop-up windows on certain pages. If you use a pop-up blocker, please change the settings to allow pop-ups.

Enjoy your wellbeing journey!



WELLNESS INVENTORY SIGN UP WELLNESS DEMO

[Already Registered?](#)

Fill in your personal and account information to create a new account.

1 Complete the information below for your Wellness Inventory membership.

Group Name

First Name

Last Name

Postal Code

2 Enter your email and create a password.

Email

Password:

Password is case-sensitive. 6 character minimum.

Password:

“For the first time, I experienced wellbeing as a whole person - body, mind, emotions and spirit.”

Jason, Seattle

“Great program for self-transformation.”

Vicky, Milwaukee

“Positive lifestyle changes!”

Amy, Indianapolis

“An amazing program and source of my life-long wellbeing.”

Dee, North Carolina

“The Wellness Inventory program changed my life.”

Nadia, Boston

After completing registration you will go to the “About You” page and continue on to take the assessment. You will login at <http://mywellbeingjourney.com> with your email address and password on all subsequent visits.



ABOUT YOU

Step 1. It's all about you! This information is completely confidential and will only be used to define groups of participants.

Please select your time zone.

NEXT >

Gender	<input type="text" value="Female"/> Male	Health Status	Poor Fair Good Excellent
Marital Status	Married/Committed Relations Single Divorced Widowed	Frequency of Exercise	Once Monthly or Less Once Weekly Twice Weekly 3 Times Weekly 4-6 Times Weekly
Age (Range)	18 - 24 25 - 34 35 - 44 45 - 54 55 - 64 65 +	Education	Some High School High School Graduate Some College Technical School College Graduate Graduate Degree Doctoral Degree
Ethnicity	Arab or Middle Eastern Asian or Oriental Black or African American East Indian Hispanic Mixed Race Native American	Dietary Preference	Balanced Whole Foods Diet Diabetic Diet High Protein/Low Carb Diet Low Fat Diet Macrobiotic Diet Special Dietary Concerns Standard American Diet

After registering you select your time zone for accurate delivery of your email reminds, and complete eight demographic questions used for aggregate reports.

WELCOME TO THE WELLNESS INVENTORY

What is Whole-Person Wellbeing?

You've heard that good health involves the whole person - body, mind and spirit. You probably also know that science has demonstrated how our thoughts, feelings, and relationships impact our health, from eating habits to how we deal with stress.

Whole-person wellbeing is all aspects of your life, personal and professional. All dimensions need balance for you to thrive.

The color wheel on the right represents the 12 key dimensions of how you experience your life as a whole person. ROLLOVER any dimension to learn more. As you experience this program, you'll see how all of the dimensions impact one another to support your overall wellbeing.

After you check out the dimensions, tour the program.

[NEXT >](#)



"Positive lifestyle changes!"

– Amy, Indianapolis

"An amazing program and source of my life-long wellbeing."

– Dee, North Carolina

The Welcome page gives a short overview of whole person wellbeing and features and interactive wellness wheel with descriptions of all 12 dimensions.

The Assessment – 12 Dimensions

Each dimension section has statements of attributes that can contribute to a more balanced state of wellbeing. If a statement doesn't apply to you, rate it 5, neutral.

Other than neutral, rate each statement with the color slider handle in two ways:

- How True? 0= not true for me right now, 10 = completely true all of the time.
- How Motivated? Rate motivation from Low to High, based on how much you want to improve this aspect of your life right now.

Wellness Statement	How True?	How Motivated?
I am aware of, and respond to, my body's unique needs for movement and exercise.	2	LOW HIGH
I enjoy exploring new and effective ways of exercising and moving my body for improved health and wellbeing.	9	HIGH
I enjoy stretching, moving, and exerting my body.	6	HIGH



Prior to starting the assessment process, you will go through a short tour of the full Wellness Inventory program.



**WELLNESS
INVENTORY**

WellPeople

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STARTING YOUR ASSESSMENT

Assessment Scores Action Step Email Reminder

You can take your full Assessment journey all at once, now, or in separate sessions. You can complete it at work or home.

[Get Started Now](#)

Ideally, you'll want to allow 30 to 45 uninterrupted minutes to respond to statements in all 12 dimension sections. Take your time, the exploration and results may surprise you.

[Come Back Later](#)

If you need to stop, you can save your responses at the end of any dimension and continue when you return...

[EASY TIPS FOR TAKING THE ASSESSMENT](#) 

About the Assessment

Ten statements for each of the 12 dimensions - 120 total.

Each statement describes a positive wellness action, attitude, belief, or awareness. You will be asked:

- 1) How true is the statement for you at this time.
- 2) How motivated you are to improve your level of wellness in that area now or in the next 30-90 days.

The whole person assessment takes 35-45 minutes to complete.

If you cannot complete the assessment at one sitting, save your results and login at a later time to complete it.





SELF-RESPONSIBILITY & LOVE

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Dimension 1 of 12

How True? How true is the statement in your life at this point in time?

Slider score rating: 0 = Not at all, 10 = Completely. For a 0 score, click on wheel.

How Motivated? How motivated are you to improve (readiness for action in 30-90 days)?

Slider score rating: 0 = Lowest, 10 = Highest. For a 0 score, click on wheel.

Curious? CLICK on blue statements to learn how they apply to your life.

Wellness Statement	How True?	How Motivated?
I recognize that I am responsible for my health and wellbeing.		
I am an active participant in any medical care I receive.		
I get between seven and nine hours of high-quality sleep per night.		

Completing the Assessment

For each statement you are asked two questions:

How True? How true is the statement for you at this point in time?

You are not being asked what you know to be true or what you did in the past, but what you are doing now, in the context of your present life circumstances, environment, and stresses.

Slider score rating: 0 = Not at all, 10 = Completely.

How Motivated? Rate your current motivation to improve the level of wellness indicated by your answer to the “How True?” question.

Slider score rating: 0 = Not at all, 10 = Completely.

(Options to Slider Bar: You can type a 0-10 score in the box, and hit the tab key to move from box to box. For a 0 score, you can click on the wheel.)

Curious? CLICK on blue statements to ready a commentary on a statement and learn how they apply to your life.



SELF-RESPONSIBILITY & LOVE

[HELP](#) [LOG OUT](#)

Dimension 1 of 12

How True? How true is the statement in your life at this point in time?

Slider score rating: 0 = Not at all, 10 = Completely. For a 0 score, click on wheel.

How Motivated? How motivated are you to improve (readiness for action in 30-90 days)?

Slider score rating: 0 = Lowest, 10 = Highest. For a 0 score, click on wheel.

Curious? CLICK on blue statements to learn how they apply to your life.

Wellness Statement	How True?	How Motivated?
I recognize that I am responsible for my health and wellbeing.	5	3
I am an active participant in any medical care I receive.	7	1
I get between seven and nine hours of high-quality sleep per night.	3	9
I protect myself from safety hazards by wearing seatbelts, using smoke detectors in my home, not riding in a vehicle with a drunk driver, etc.	9	0

STATEMENT COMMENTARY

I enjoy and take time for spontaneous activities.

Work and play are the stuff of our lives. Almost all your waking hours are spent doing one or the other. Because these activities are so dynamically connected with self-concept, a sense of meaning and purpose, and, in some cases, with your very survival, they are strong determinants of wellness. If there are significant, ongoing problems in either work-life or play, your state of health will usually reflect it. Playing and working are not separate categories of activity. What is play to one may be work to another (compare a sandlot baseball game to a major league game, for instance). Some people don't consider their jobs as work at all, because they enjoy them so much. And others make a chore out of their recreation. In any case, rather than changing *what* you do for work or play, it is increased awareness and a change in attitude that is important. You may want to stop to examine the roles working and playing take in your life. If they do not enhance your experience, you may want to make some changes.

Most of us suffer some guilt when taking time for ourselves. We are often embarrassed by our enjoyment of pleasure and need to justify it to others and ourselves. Some place deep inside we harbor old tapes that we persist in playing over and over. They say things such as: "You're wasting time!" or "Watch out when things are going well," or "This is selfish," or "*You should* be doing something more productive." They have come to us from our parents, our religious leaders, our workplace, or our teachers, and they are often hard to turn off.

If the fact remains that you need justification to allow yourself to play, then try this one:

Nourishment of yourself is the best preventive medicine currently available!

The list of stress-related diseases grows daily, and many of us are employed in highly stressful jobs. We can hardly be living life to the fullest if we have no energy with which to play, no inclination for simply "fooling around."

Click on any statement in the assessment to view the corresponding commentary.

This provides an excellent context for deepening your awareness in all 12 dimensions.

The commentaries are also available via many key areas of your personal wellness homepage, including the Study Center, Strengths, and Motivations.

Understanding Your Scores

We are culturally conditioned to perform well on tests and to strive to achieve the highest possible scores.

This is not the purpose of the assessment. Its' purpose is to examine your life from a whole person perspective and to stimulate awareness about new possibilities for improvement. The scores are a current, but temporary snapshot or wellness profile of how you are living today, as well as your current level of motivation.

Approach the assessment in learning mode and with curiosity. Be easy on yourself! The first dimension of Self-Responsibility & Love holds great wisdom.

This is about the process - your personal journey.

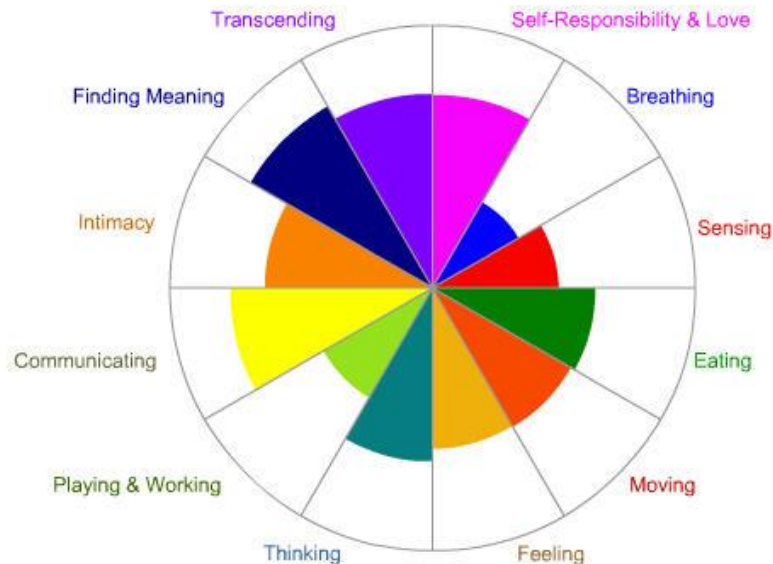




Assessment
 Scores
 Action Step
 Email Reminder

CONGRATULATIONS ON COMPLETING THE ASSESSMENT!

Your SCORES below reflect your current level of personal wellbeing. Notice which dimensions are strong (have the most color), and the ones you can improve. [CONTINUE >](#)



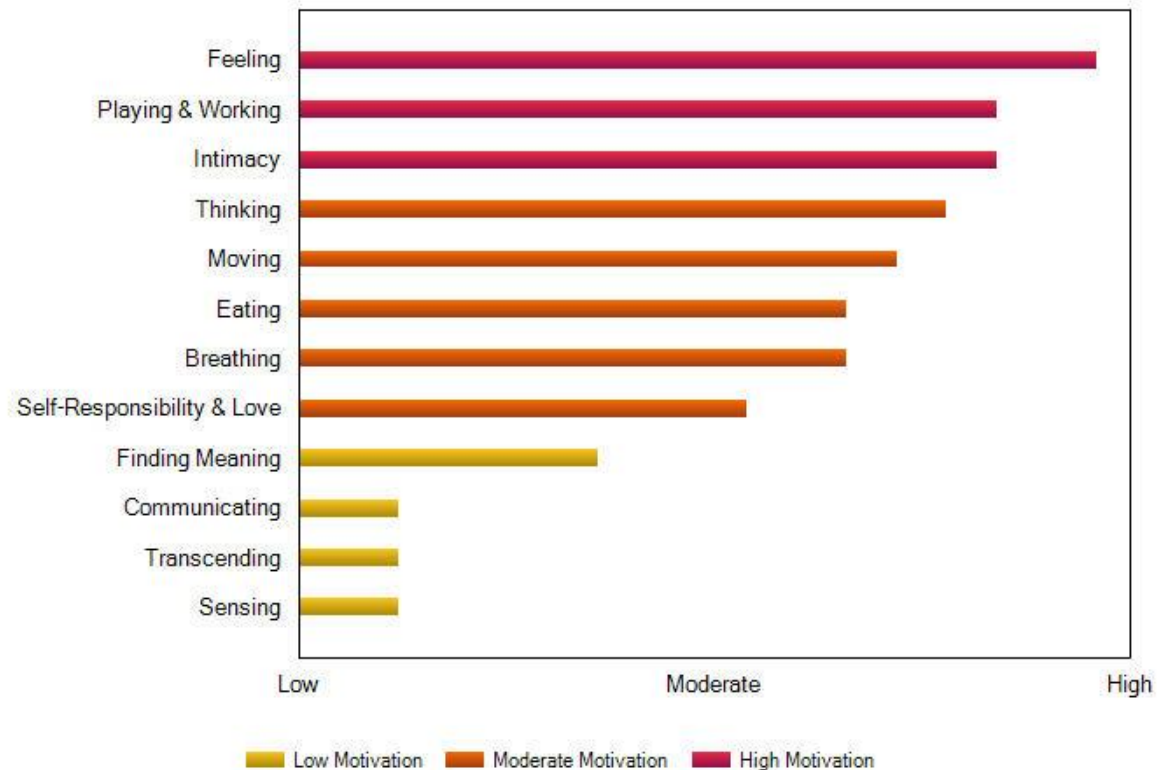
Finding Meaning	80.0%
Communicating	77.0%
Self-Responsibility & Love	74.0%
Transcending	74.0%
Thinking	66.0%
Intimacy	64.0%
Eating	62.0%
Moving	61.0%
Feeling	61.0%
Sensing	48.0%
Playing & Working	48.0%
Breathing	38.0%
Total	62.8%

- Assessment
- Scores
- Action Step
- Email Reminder

Review Your Motivation Scores.

Consider your strongest motivations (red) when creating your first action step.

[CONTINUE >](#)



● Assessment ● Scores ○ Action Step ○ Email Reminder

Start Your Action Plan

To access the features of the full Wellness Inventory program, you will need to create at least one Action Step.

TIP: If you want help in creating your action step, select the Virtual Coach Focus Process.

 [USE VIRTUAL COACH HELP >](#)

or skip and

 [CREATE ACTION STEP NOW >](#)

[< LOG OUT](#)

The next screen after the Motivation Scores is enable you to start your action plan or to log out. When you log back in you will return to this page and can begin the process of creating your first action step.

The screenshot shows the WellPeople Wellness Inventory interface. At the top left is the 'WELLNESS INVENTORY' logo, and at the top right is the 'WellPeople' logo. A navigation menu on the left includes: HOME, Assessment, Action Plan, Coaching, Progress, Journal, Study Center, and Resources. A 'VIEW FULL TOUR' button is also present. The main content area features a 'SCORES' section with a photo upload prompt, a 'STRENGTHS' section, and a 'MOTIVATIONS' section. A large wheel chart displays various dimensions: Transcending, Self-Responsibility & Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Intimacy, and Finding Meaning. A 'MESSAGE FOR YOU' box is visible at the bottom right. A white modal window is centered on the screen, displaying a welcome message.

WELCOME TO YOUR WELLNESS HOME PAGE

Your Action Step and reminder have been saved to your Action Plan.

Explore!

Click any Dimension on the wheel to learn more.

- Experience all of the left navigation tools.
- Review the full program tour at any time.

CLOSE

After completing your first action step you will be welcomed to your personal wellness homepage.



HOME



Assessment



Action Plan



Coaching



Progress



Journal



Study Center



Resources

VIEW FULL
TOUR

SCORES

STRENGTHS

MOTIVATIONS

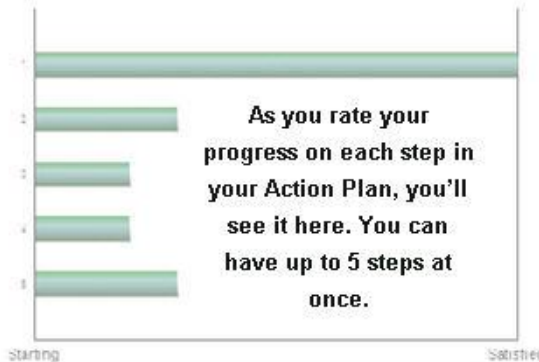
SUCCESSES

Upload your photo or
any inspiring photo
HERE

Click to Add Now

Write your favorite quote here, a priority
action step, or a reminder here! Click to
Add Now

Share Ideas and Progress



MESSAGE FOR YOU

Welcome Stuart , This is your wellness homepage and will be your wellness command center as it guides you on your path to personal wellbeing.

take the full tour at any time to re-acquaint yourself with all the features available to you on your path to a higher level of well being.

After closing the welcome screen you will be prompted to personalize your homepage with a photo and inspirational statement or quote.

-  HOME
-  Assessment
-  Action Plan
-  Coaching
-  Progress
-  Journal
-  Study Center
-  Resources

[VIEW FULL TOUR](#)

- SCORES
- STRENGTHS
- MOTIVATIONS
- SUCCESSES

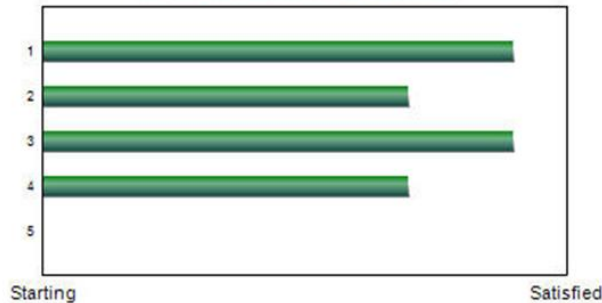


Wow. I feel like a window has opened to a new world of possibilities. I am ready to grow!

Share Ideas and Progress



ACTION PLAN PROGRESS



MESSAGE FOR YOU

Welcome to the new 3.0 version of the Wellness Inventory whole person wellbeing program. Congratulations on completing your wellbeing assessment and creating your first action step.

We recommend that you take the Full User Tour located below the navigation icons to give you a complete overview of the program.

Personalized homepage with photo and quote.



MAIN MENU

WellPeople

Make a selection below to access your Administrative Center, Class Scores, or personal Wellness Inventory home page. or your administrative login.

LOG OUT

Administrative Center

Karl MacGealy

Class Scores

Level I Training - Fall 2014 - Tuesday

My Personal Wellness Inventory Home Page

Level I Training - Fall 2014 Wednesday

“For the first time, I experienced wellbeing as a whole person - body, mind, emotions and spirit.”

Jason, Seattle

“Great program for self-transformation.”

Vicky, Milwaukee

“Positive lifestyle changes!”

Amy, Indianapolis

“An amazing program and source of my life-long wellbeing.”

Dee, North Carolina

Main login page for Certification students, with links to your Administrative Center (with Training Center tab), Class Scores (used to access student’s scores for buddy coaching), and the link to My Personal Wellness Inventory Home Page.

For More Information

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**WELLNESS
INVENTORY**