Life Development Health Enhancement Program

LEARN THE TOOLS TO HELP YOU MOVE THROUGH THE CHANGE PROCESS AND INCREASE YOUR PERSONAL AND PROFESSIONAL POWER AND AWARENESS.

Human nature is to avoid change unless it is absolutely necessary or too late. Most people are aware of one or more areas of their lives that they would benefit by changing. Without a real understanding of how to move through change successfully, motivation, commitment and your goal can be lost. Make change happen!

Change is one of life’s most powerful processes.

The Life Development Program can:

- Enhance personal health;
- Improve quality of life;
- Empower individual performance;
- Increase productivity;
- Heighten self-awareness;
- Present a greater understanding of the importance of values.

Life Development is a program that will help individuals recognize areas in their lives that are in need of change, creating a foundation necessary to begin the move through the change process successfully. By combining four proven and powerful tools, the Life Development Program involves the following process:

1. **Online Health Risk Assessment Tool.** Helps you create an overall snapshot of your health and lifestyle.
2. **Day-by-day planner for change program.** Ready, Set, Go! with a simple bite-sized approach. Set your goals and run the plan!
3. **The Choosing Change Workbook.** A self-managed, in-depth, personal and interactive journey through the process of change.

Participants will:

- Heighten personal and professional awareness of areas needing change.
- Clearly understand and recognize the stages of the change process.
- Develop personal tools to help and assist with staying on track.
- Design and develop personal plans and maps for change using our 21-day plan for change approach.

CALL US TO GET STARTED (TRANSLATION TO OTHER LANGUAGES AVAILABLE).
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