

WHOLE HEALTH 102: WHOLE HEALTH FOR EMPLOYEES

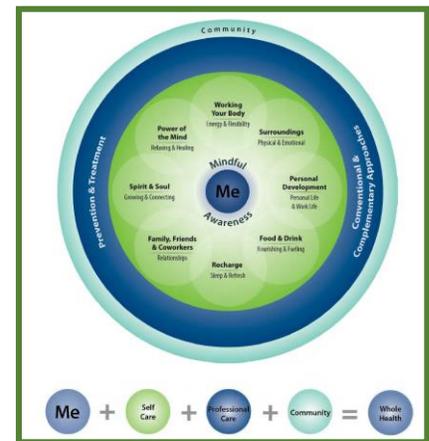
An introduction to applying the Whole Health approach to your life

About the Course

Whole Health 102 is a 4-hour experience designed to guide participants in exploring Whole Health and considering how it can be used to improve one's own health and well-being. The goal of this program is to help each participant identify their mission, aspiration, and purpose, and understand how they can make changes in their lives to help them work towards achieving their personal goals. During the course, participants learn why the VA has adopted a Whole Health approach to health care, review the Circle of Health to see how it provides guidance for making changes in one's life, and learn about local resources—including Employee Health—that support improved health. At the conclusion of this program, each participant will have the opportunity to identify areas of growth and develop a plan to strive towards their goals.

Objectives:

- Consider what health is and how health is created
- Reflect on your mission, aspiration and purpose (MAP)
- Understand how your MAP relates to your personal health and well-being
- Strengthen skills for supporting the creation of health and well-being for both you and those around you
- Learn about Employee Whole Health in VHA
- Learn about tools and resources at your facility that support behavior change for improved health



CME accreditation (4 hours) is available through JA IPCE, ACCME, ACCME-NP, ACPE, ANCC, CA BRN, APA, ASWB, NYSED, ACHE, AOTA, and CDR. Attendance at all four hours of training is requirement of the course and for obtaining Continuing Education (CEU) credits available through EES.

Whole Health for Employees (WH 102)

Course Agenda

Part I: Overview of Whole Health

- Welcome, Agenda and Introductions
- The Vision of Whole Health
- Whole Health for Employees

Part II: The Circle of Health

- Overview and Introduction to Personal Health Inventory
- “Me at the Center”
- Mindful Awareness
- Walking the Circle of Health
- Components of the Circle (facility-specific)
 - Working the Body
 - Recharge
 - Family, Friends & Coworkers

Part III: Working with the PHI

- Successful Change
- The Core Ingredients of Change
- SMART Goals and Mapping to the MAP
- Resilience

Part IV: Implementation

- Developing a Culture of Whole Health
- Partnering with Employee Health
- Following Up and Additional Resources
- Closing