

The Care and Feeding of the Helping Professional

Audience:

Helping Professionals, Parents, Educators, Workers, Volunteers, Women, Seniors, Etc.

Program Description

We teach who we are and lead by example, so take stock of your social, physical, mental/ intellectual, emotional, career, and spiritual health practices. Set goals to take better care of yourself so you can up your influence with the people who matter in your life

- Take inventory of your personal health practices!
- Set goals to maximize your health and influence!
- Speak your goals to make them real!
- Seek out and train allies to support your health goals!

Program Content

- Taking care of your most valuable asset - you
 - “Is there a way I can take better care of myself right now?”
- Inventory health practices
- What does it take to have a healthy body, mind and spirit?
- How are you doing now?
- Of all the things you could do, what’s one thing you need to do?
- What support do you need to actually do it?
- Focused goal setting



Required Time

2 Hours for Full Program - Keynote or Workshop

1 Hour for Abbreviated Program - Keynote or Workshop

Delighted Clients

Lakeside Health Promotion Institute, New York State Education Department
Rutgers Cooperative Extension, 4-H Volunteer Forum, Cape May County, New Jersey
Senior Wellness Conference, Ithaca College, Ithaca, New York
Genesee Valley School Boards Association, Webster, New York

Contact

For more information about Healthy People, to receive Sally’s free e-letter, or to book Sally to speak with your organization, contact:

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