Self-Care Saves Lives ~ Health System Training ~

SOHL programs enhance well-being and engagement in work and life. They also improve chronic disease and decrease health costs by 50%.

Sustainable Self-Care Practices: Training for the Whole Person

SOHL Self-Care trainings provide your employees with a powerful and sustainable learning experience and skills they will use for years to come in their professional and personal life. In a 2-hour training session, attendees will:

• Learn and practice 5 evidence-based self-care skills
• Complete a self-assessment of the 7 Sources of Health
• Create a plan for strengthening their 7 Sources of Health
• Reinforce the learnings using the CAMP™ Method
• Gain access to 150+ SOHL web-based self-care practices

Biofeedback ◆ Focus Imagery ◆ 7 Movements of the Spine ◆ Mindful Eating ◆ Breath-work & Journaling

A testimonial

“...self-care scores improved from the beginning to the end of the training, in just a short time. My team found the information informative and useful. They were appreciative of the time spent to learn about self-care including practicing some very useful tools” Bernie Klein, MD, CEO, Providence Holy Cross Medical Center.

Sustainable Self-Care uses the 7 Sources of Health evidence-based model:

HOW and WHY we make make changes to our self-care is the key to sustainability. SOHL Sustainable Self-Care Training provides the solution.

Contact ruthann@sohl7.com with questions or to schedule a training.
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