

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:



Purpose



Body



Mind



Emotions



Creativity



Community



Environment

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

SOHL

Creating. Health. Together.

Contact ruthann@sohl7.com with questions or to schedule a training.
Ruthann Russo, PhD, JD, DAc, MPH, CEO and Lead Trainer