Ever feel like you take better care of others than you do yourself?

Begin your own journey into a healthier you and be a better model of self-care for others.

Do you eat as well as you’d like?
Exercise as consistently as you feel you should?
Get the sleep your body needs?
Find out how to get out of your own way and create sustained change.

1-day HabitChange Workshop

Workshop Objectives:
1. Identify personal behavior change barriers
2. Create a personalized Life Plan
3. Learn and practice mindfulness meditation, which has been shown by research to raise self awareness, lower stress hormones, and increase compassion
4. Learn and practice three professional coaching skills to improve communication and relationships with others, including patients

Who is this for?
• Nurses, professional counselors, massage therapists, yoga teachers and other health care professionals who want to improve their own health and strengthen their ability to motivate patient change
• Health care professionals who want to improve their ability to motivate change in themselves and others
• Individuals interested in the field of health coaching
• Anyone who wants to change their life in some meaningful way

Speakers:
Dr. Jeff Kaplan, Ph.D, MCC and Christine Coward, MSW, PCC from the HabitChange Company

Two dates & locations to choose from
Friday, June 20, 2014 – 8:30AM-4PM
The Bourse Building,
4th and Market Street, Philadelphia, PA

Saturday, July 26, 2014 – 8:30AM-4PM
The Bourse Building,
4th and Market Street, Philadelphia, PA

Investment: $97
Credits: 5.75 CEU’s will be awarded by the PA State Nurses Association
Register here: www.HabitChangeCoach.com/workshop

For information contact:
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ccoward@thehabitco.com or 215-472-1572