

FACILITATOR COPY

PLANNING FOR IMPACT



FACILITATOR GUIDE

VIDEO SERIES

01

IMPACT

Impact your well-being by following a simple plan for optimal health.

02

FUEL

Take away the guess work. Know how to fuel your body for optimal health.

03

MOVE

With your lifestyle in mind, find ways to incorporate movement throughout the day.

04

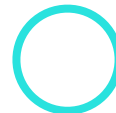
RECOVER

Sleep is critical to the health of your brain and body. Make the time for rest and recovery.

05

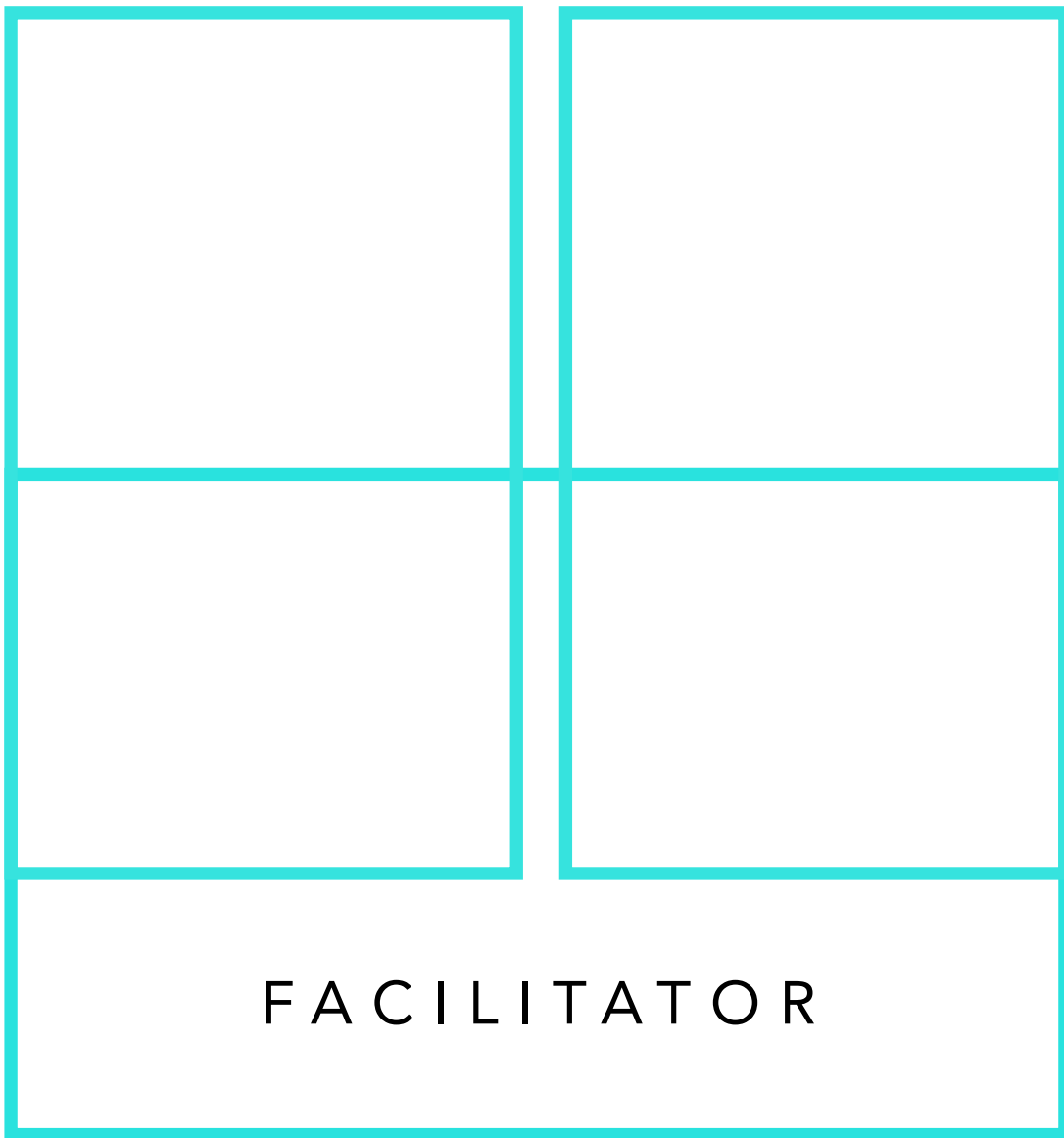
REPEAT

Have a plan for how to sustain healthy habits for a lifetime.



GUIDE

The following GUIDE is designed for a leader to use to facilitate the group throughout the series.



IMPACT equips your team with a framework for making high-impact change in their physical health. The IMPACT program consists of 5 short videos, each video has a coordinating worksheet in the Participant Guide. The content of the video series draws from discoveries in the fields of physical health and neuroscience - discoveries that offer unique insights into the science of improving the human condition. This knowledge will help your team begin to explore opportunities for improving or changing behaviors related to their physical health.

AS THE FACILITATOR you can help your team by:

1. Ensuring each team member watched and understood the lesson from the video; and
2. Encouraging each team member to dedicate some quiet time to work through the Participant

Guide. Each day's questions are designed to lead to an action plan at the end of the video series.

HOW TO USE THIS SERIES:

The series is designed to be used over a five-day period. At the beginning of the week, give each member on the team a copy of the Participant Guide. Each day, give your team access to one video and ask them to watch the video and complete the worksheet found in the guide that corresponds to the video. At some point during each of the five days, take 10 to 15 minutes to sit down with your team to debrief the video and ask several targeted questions available in the subsequent pages.

FACILITATOR GUIDE #1 (To Accompany Video #1 Impact)

START THE CONVERSATION (10-15 minutes)

Objective: Help participants build awareness of where they are with regard to their physical health.

Here are several questions you may want to start with:

1. What healthy habits or behaviors have worked well for you in the past?
2. What healthy habits or behaviors are currently working well for you?
3. When you are feeling physically at your best, how does it affect your life? At work? At home?

One of the critical factors for creating a successful wellness action plan is developing an awareness of self **without a feeling of judgement**. As the facilitator, it is important to consider the possibility that the group may be very diverse in their current states of well-being. In the role of facilitator, you can:

- Help the group build awareness, and
- Reassure participants that even if they are not satisfied with their current state, there is a path for change.
- Include those participants who are satisfied with where they are physically. Their work is not necessarily complete.

In building their awareness of their health habits, some participants may be experiencing feelings of guilt or shame. To support those participants, the facilitator can encourage them to consider reframing and redirecting the negative self-image feelings. We discussed this at length during both LOFT and WAS. It is well documented, through numerous studies, that a negative self image is an impediment to well-being. Remind participants of the strategies discussed in LOFT and WAS, such as taking a “PAUSE,” opportunities for meditation, and re-framing. A simple way to help participants struggling with negative feelings is to ask them to identify what they are happy about, what health initiatives or behaviors are they proud of.

For those participants who are satisfied with where they are physically, this is not a time for them to “check-out.” Consider asking them:

- What is important in ensuring you stay the course?
- What has helped you stay the course?
- What tips could you share with the group for sustaining healthy habits?