



TRAIN THE TRAINER

We offer evidence-based behavior change programs.

Equip your in-house trainers with the knowledge and tools they need to effectively deliver interactive, evidence-based education on health and wellness. These trainings are offered virtually or in-person. Our programs have proven to change behaviors that can positively impact a company's productivity, bottom line, and overall health and well-being of their employee population.

- The Stress Recovery Effect
- The REST of Your Life
- The Trust Transformation

THE PROGRAM(S) INCLUDE:

- Interactive learning on how to teach and implement content concepts
- One day to experience the course taught by AdventHealth facilitators
- A copy of all the program content and an instructional Facilitator's Guide
- Follow-up support from our team to ensure your success

UPCOMING 2022 COURSE DATES:

September 28-29 **The Trust Transformation**

October 26-27 **The Stress Recovery Effect**

November 14-15 **The REST of Your Life**

Please contact Lisa Davis at Lisa.Davis@adventhealth.com or 407-421-4088 for more information.

The Power of Teaching is in your hands

Coach your Employees to Greater Wholistic Health

