



TRAIN THE TRAINER

*Coach your
Employees
to Greater
Wholistic
Health*

TRAIN THE TRAINER (T3)

Equip your in-house trainers with the knowledge and tools they need to effectively deliver interactive, evidence-based education on health and wellness. This format trains participants to teach the following whole-person health programs to your employees.

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

THE PROGRAM(S) INCLUDE:

- Two full days of interactive learning
- One day to experience the course taught by AdventHealth facilitators
- A day and a half of learning the teaching concepts and how to implement them
- A copy of all the program content and an instructional Facilitator's Guide
- Follow-up support from our team to ensure your success

UPCOMING COURSE DATE(S):

March 6-8, 2019	The Stress Recovery Effect
June 5-6, 2019	The REST of Your Life
August 7-8, 2019	The Trust Transformation
September 11-13, 2019	The Stress Recovery Effect
November 6-7, 2019	The REST of Your Life

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