

OVERCOMINGU

CULTIVATING EMPLOYEE WELL-BEING

LAUNCHING 2021!

RESILIENCE
RESCUE



HANG ON, GROW STRONGER
& SAVE YOURSELF

EMOTIONAL EATING
FREEDOM FORMULA



CREATE A HEALTHY
RELATIONSHIP WITH FOOD

FOOD
MASTERY



BECOME YOUR OWN
HEALTHY CHEF

MOVE IT



INCREASE YOUR CARDIO,
STRENGTH & FLEXIBILITY

MINDFUL MONEY
MATTERS



BECOME FINANCIALLY SAVVY

FOOD
FUNDAMENTALS



SMART STRATEGIES FOR
BUSY PEOPLE TO EAT HEALTHIER

BEYOND BURNOUT
STRESS SOLUTION



OVERCOME STRESS,
WORRY & BURNOUT



OVERCOMINGU.COM

INFO@OVERCOMINGU.COM

602.565.7875



EMOTIONAL EATING FREEDOM FORMULA™

Your Six-Week Solution to Creating a Healthy Relationship with Food

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Learn the real root causes of your emotional eating.
- Break free from the limiting beliefs that hold you back.
- Create a coping toolkit to manage your stressors and handle any situation.
- Utilize simple and powerful techniques to create mindfulness with eating.

OVERCOMING U PROVIDES:

EXPERIENTIAL LEARNING

- Twelve 20-minute video modules that you can watch on your own schedule
- Secure learning management system with modules, extra resources and quizzes
- Email series with course schedule, links and necessary directions
- Digital Copy of of "Don't Eat It. DEAL With It!" for all participants
- Email support for technology and content questions
- Pre- and post-survey to assess participants' mastery of course objectives
- Bonus survey of participants' areas for further education and training
- Comprehensive reporting on participant engagement, mindset shifts and behavior changes

CLIENT PROVIDES:

- Promotion of Overcoming U marketing materials
- Spreadsheet with participants' emails, first and last names
- Safe list for email address: Support@OvercomingU.com

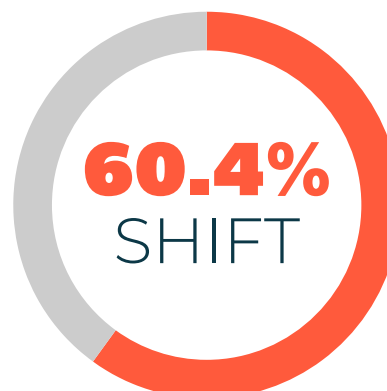
CONTACT

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LETTING THE DATA SPEAK

PARTICIPANT QUESTION:

"I feel like I can't be successful at managing my weight because i've failed so many times before."



FINDINGS:

Participants exhibited a massive **60.4%** shift away from the belief that they will not be successful managing their weight because they have failed so many times previously.



FM

FOOD

MASTERY

Four Weeks to Become Your Own Healthy Chef

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Understand how diabetes, cholesterol, blood pressure and other health conditions can be negatively or positively impacted by your food choices.
- Overcome everyday obstacles that keep you from cooking and eating healthier.
- Get organized with planning, shopping and cooking strategies to make long-term lifestyle changes.
- Learn a variety of time-saving and tasty ways to prepare healthy foods

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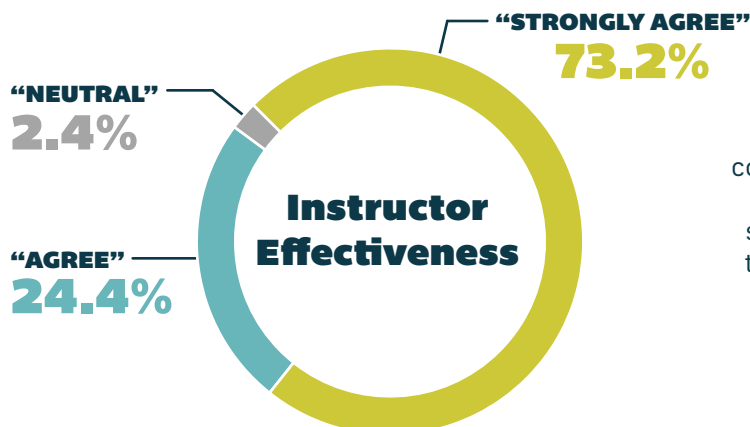
LETTING THE DATA SPEAK

PARTICIPANT QUESTION:

"The instructor delivered the course in a way that was enjoyable and easy to learn."

FINDINGS:

One respondent answered, "Loved this course. It built confidence in my ability to change. Loved the suggestion to focus on the why, the remainder behavior change takes time and that i will but just back up and start again."



MOVE IT

Four Weeks to Increase Your Cardio, Flexibility & Strength



MI

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Increase activity, flexibility and strength without complicated and time- consuming programs.
- Debunk exercise myths, quick fixes and fads to get proven results.
- Create motivation to start and keep up healthy habits.
- Overcome obstacles that prevent you from leading a more active lifestyle.

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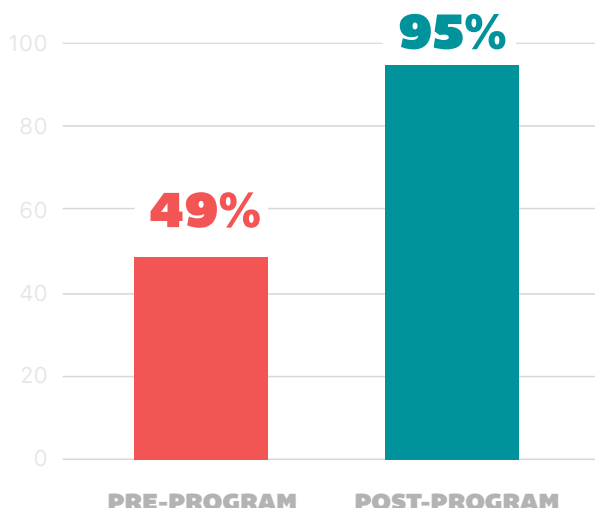
LETTING THE DATA SPEAK

PARTICIPANT QUESTION:

"I understand how to effectively balance cardio, flexibility, and strength-building exercise to improve my health."

FINDINGS:

Participants demonstrated a dramatic 46% shift in self-efficacy regarding their ability to balance different types of exercise. At the beginning of the program, only half the group (49.5%) reported this skill compared to the vast majority (95.5%) at the program's end.





MMM

MINDFUL

MONEY MATTERS

Four Weeks to Become Financially Savvy

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Change your money mindset and spending patterns to make lasting improvements.
- Empower yourself by implementing small choices and daily practices that add up to big changes.
- Create a plan to take control over your finances and your financial future.
- Prepare to course correct your financial plans as the unexpected happens.

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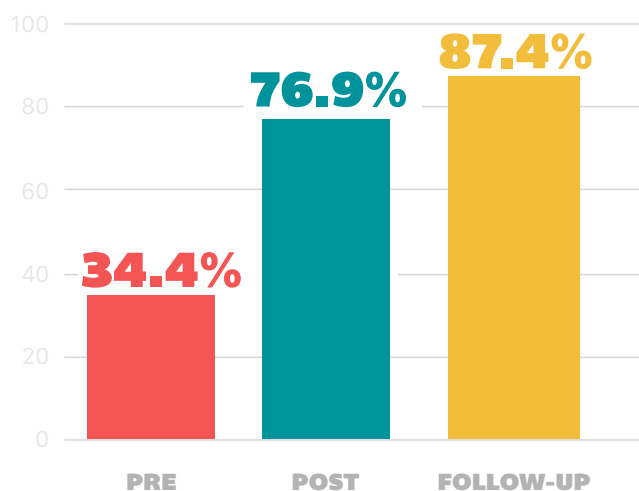
PARTICIPANT QUESTION:

"I have regular money management routines"

FINDINGS:

The porportion of participants who reporting using money management routines on a regular basis to keep an eye on their finances increased dramatically from pre to post-survey.

This improvement trajectory improved, and nearly 90% of survey respondents were using regular money management routines six month post-survey.





FOOD FUNDAMENTALS

Four Weeks of Smart Strategies for Busy People to Eat Healthier

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- SET yourself up for success by making meals that are Speedy, Economical & Tasty
- Learn why some foods increase hunger and cravings, and know what to eat instead.
- Dig into healthy recipes for meals and snacks to start cooking at home today.
- Discover problem-solving strategies to stick with healthy choices when faced with parties, holidays and finicky families.

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LETTING THE DATA SPEAK

PARTICIPANT QUESTION:

"I have enough information to choose the right foods that prevent and manage cravings."

FINDINGS:

At the beginning of the program, over a third (Figure 1. 36.8%) knew how to choose foods to prevent cravings. This proportion rose to nearly all participants (Figure 2. 96.2%) by the program's end.

Figure 1.

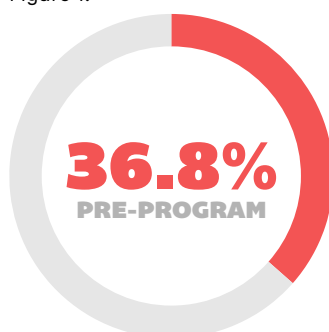
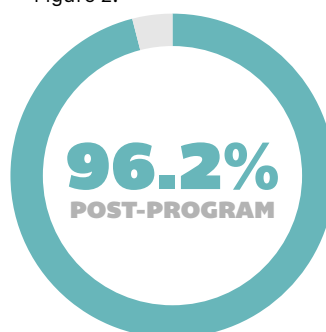


Figure 2.





BEYOND BURNOUT STRESS SOLUTION

Four Weeks to Overcome Stress, Worry & Burnout

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Create motivation for change by understanding what stress truly costs us (stop saying that it's not so bad).
- Learn to flow with organizational and personal change.
- Implement techniques to avoid being depleted by toxic situation and overwhelming people
- Prioritize and protect your self-care commitments

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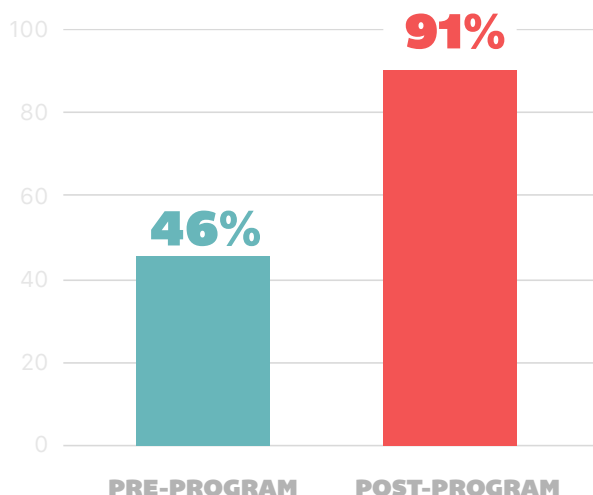
LETTING THE DATA SPEAK

PARTICIPANT QUESTION:

"I feel prepared to deal with work or personal changes in their life."

FINDINGS:

"This is the third **Overcoming U** course I have taken, and I have found each one of them to be extremely helpful. The content is presented in a logical format and Heather is very straight forward. The course materials are filled with great information that can be referenced in the future. I'm so happy that MPS offers Heather's courses to their employees. Thank you, thank you, thank you!"
- Course Participant





RESILIENCE

RESCUE

Four Weeks to Hang On, Grow Stronger & Save Yourself

COURSE INFORMATION FOR DECISION MAKERS

OBJECTIVES

- Understand the pitfalls of having low resilience and how our habits and beliefs contribute.
- Build and utilize resilience to overcome future challenges.
- Learn how to function and thrive amidst chaos and uncertainty.
- Become a leader in your family and community to promote resilience for all.

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