

Total Health encompasses eight dimensions of wellness and integrates fitness of the mind, body and soul. Creating self-awareness within these dimensions is the first step towards optimizing our well-being and performance to live a healthy and happy life.



TOTAL HEALTH



COURSE MENU

TOTAL HEALTH WORKSHOPS

1-2 hour workshops. Focuses on any Total Health Dimension. Can be tailored to meet the needs of your unit. Schedule by request.

FIRST-LINE LEADER

8-hour course, E5 and above. Builds well-balanced leaders, with skills to build cohesive, ready teams. Schedule by request.
*A Total Health workshop is available for Junior Enlisted during this time, if requested.

BASIC COURSE

10-day course, in lieu of AT. Focuses on behavior change and self-awareness. Students learn about dimensions of Total Health and to understand their strengths and areas for growth.

LEADERS COURSE

5-day course for E4(P) and above. Focuses on coaching through motivational interviewing and organizational change. For those that want to grow as a leader and create lasting change with those they lead.

DIMENSIONS OF HEALTH

PHYSICAL

Proactively preventing illness, injury, or disease risk through regular wellness, vision and dental check-ups. Exploration of optimal movement, nourishment and sleep needed to perform tasks and enhance quality of life.

INTELLECTUAL

Observing different thoughts, opinions and beliefs of others, with curiosity (not judgement) to understand diverse points of view. Actively pursuing new knowledge and skills to continue personal development and growth for a strong mind.

SOCIAL

Building a strong support group with healthy relationships and connectedness. Demonstrating commitment and showing concern for other's needs over one's own, to include the welfare of family, friends, the military and the nation.

FINANCIAL

Understanding effective money management skills, processes and resources to accomplish your current and future financial goals.

OCCUPATIONAL

Finding healthy work habits, personal achievement, enjoyment, work-life balance and seeking opportunities for growth.

ENVIRONMENTAL

Creating and preserving space to promote optimal learning, relaxation and contemplation that supports well-being. Care of belongings by performing preventative services to maintain functionality and quality.

EMOTIONAL

Recognition of emotions as they arise, creating awareness around strengths and limits, and building coping skills and stress management strategies.

SPIRITUAL

Discovery and exploration of core values, purpose, and meaning to find connection and build a solid foundation.

