Idaho National Guard
Total Health

Total Health strengthens the eight dimensions that drive cognitive and physical performance, resilience, and overall well-being. Together, these dimensions create a foundation of readiness that supports the Service Member, the Unit, and the mission.

Training Topics

Total Health Workshops

Focus: The 8 Dimensions of Wellness

Tailored workshops that explore:

- How to balance performance and overall well-being
- Strategies for stress management, burnout prevention, and overall readiness
- A Total Health assessment and plan to address the gaps

Duration: 30-60 minutes, or based on request

Audience: All ranks

Cognitive Performance Training

Focus: Performance enhancement and mental skills training.

Learn the tools to perform under pressure.

Integrated sessions include:

- Physiological Regulation
- Attention Control
- Self-Talk
- Confidence
- Emotional Regulation
- Mindfulness
- Mindset
- Overcoming Failure

Duration: 15 - 90 minutes

Audience: All ranks

Leadership & Development

Focus: Communication, Trust and Team Cohesion

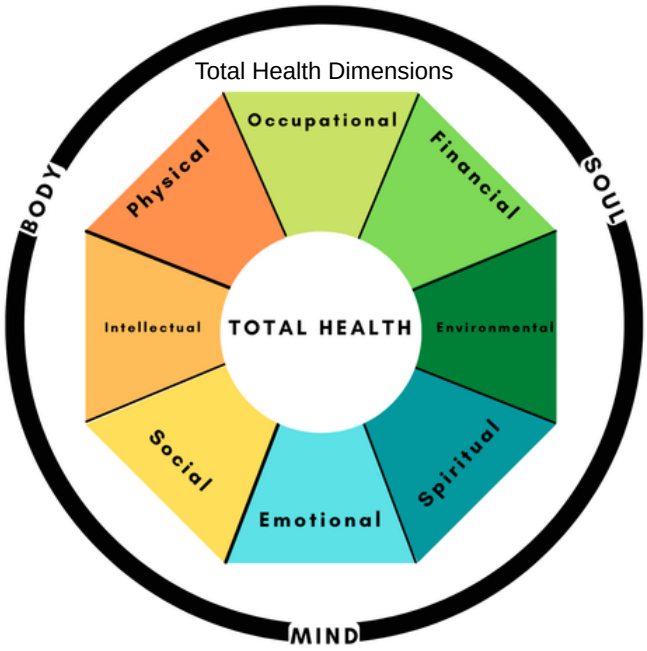
Interactive sessions designed to strength culture and leadership capacity.

Topics include:

- Communication
- Feedback
- Values
- Team Culture
- Leadership Philosophy
- Building Trust
- Motivational Climate
- Decision Making

Duration: 30-90 minutes, or based on request

Audience: E-4 and above



Additional Courses can be tailored to unit needs - Contact us to learn more

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