

Self-Care While Caring for Others

By Bob Czimbab

As leaders in our communities we have a responsibility to take extra good care of ourselves so we can maintain the vitality needed. Additionally leaders need to be role models of good health.

Wellness is the integration of body, mind and spirit. It is the means by which people can achieve their highest potential for well-being. This seminar will focus on the roles of raising awareness, fostering a positive attitude and developing action plans. The impact of self-esteem on health will be addressed. Everything you do has either a positive or negative effect on your health. Over 40 handouts will be provided.

Participants will assess 20 areas of wellness and develop an action plan.

- o **Medical & Wellness**
- o **Physical**
- o **Nutrition**
- o **Stress**
- o **Energy**
- o **Mental & Emotional**
- o **Lifework**
- o **Financial**
- o **Environment & Safety**
- o **Recreation & Relaxation**
- o **Happiness & Pleasure**
- o **Self-Love**
- o **Social**
- o **Communication**
- o **Sensual & Sexual**
- o **Virtues**
- o **Teamwork & Leadership**
- o **Spiritual**
- o **Appreciation**
- o **Abundance**

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