

Define Yourself

health coaching



May 2008

P.O Box 594
Redondo Beach, CA 90277

Danielle Vindez Personal Coach Danielle@defineyourself-coaching.com P.O. Box 594, Redondo Beach, California 90277

In this Issue

Articles:

- Environmentally friendly
- The worksite health solution

Distinction:

Forgiveness vs. Understanding

Tools:

- MAPP - The Motivational Appraisal of Personal Potential
- FITNESS TESTING – know which of your behaviors will cost you vitality

Simple Truth

One is not born a woman, one becomes one.

Simone DeBeauvoir

New

Healthy Body and Soul

Click link

<http://www.defineyourself-coaching.com/healthybodysoul.htm>

Environmentally Friendly

As we all make our individual efforts to be more “green” it is right to mention that factory farming of animals causes the greatest source of greenhouse gas emissions on the planet. It also contributes to land degradation, water degradation, pollution, and soul degradation.

How is it any different to kill and eat a cow then it is to eat a dog, as they do in some countries? Is this prejudice? We tell ourselves that a cow or chicken is justifiable killing because, well, God intended it so, or because we need protein, or because dogs are man’s best friend. We have developed the habit of killing, and we rationalize our guilty feelings. We live lives of inner contradictions.

Whether you buy into the belief that you are what you eat, or not, you may be psychologically effected anyway. Killing, that is not euthanasia, is not compassionate, respectful, nor non violent. This is the quagmire. How can the soul be pure when the mind and the body are not? We talk about love and peace, the want of a better world, and yet we live in self-deception, and ill respect in our own internal world. No one has probably ever come to true spiritual peace by eating other animals.

In being more “green” let us remember that are responsibility to the earth goes beyond the trendy eco friendly grocery bag. It is a thoughtful awareness of all that comprises our planet. Do you reuse your plastic sandwich bags, coffee containers, margarine tubs, and shoe boxes? Have you started buying more fresh fruits and vegetables and less packed items? Have you started walking to the store or taking your bike? Do you recycle, reuse, and reduce?

In Genesis, God gave humans dominion over the earth and all its living things. Perhaps this is our saving grace, the responsibility to go beyond our sense of superiority and possessiveness, and serve as protector of all.

Distinction:

Forgiveness- is what we grant someone out of choice, from our hearts. It is an unconditional gift we give to another.

Understanding – is for our own benefit, it soothes our confusion. To stand in someone else's shoes and see from their perspective is conditional.

Tools:

The Motivational Appraisal of Personal Potential (MAPP)

Is a world-class personal assessment that takes 15 minutes to complete. MAPP identifies your true motivations towards work and allows you to match yourself to job categories to see where you best fit.

Fitness Testing

Whether you are in an office setting, or at home, this five component health and fitness test can give you insight on your risk for diseases that can limit your vitality. Groups and individuals welcomed, contact Danielle for more info.

The Worksite Health Solution

We understand from the work of Kurt Lewis, (field study 1951), that the behavior of an individual is a function of both personality and environment. With workers spending over 60% of their time at the worksite, this microcosm is the perfect place to initiate healthy behaviors. Lewis went on to provide evidence that leadership styles make a powerful impact on both the corporate culture and the productivity of an employee.

As most companies are not in the business of health they invest in the services of health experts to facilitate a culture of health. Define Yourself Health Coaching delivers health risk assessments, participation incentive, risk factor identification, risk reduction strategies, periodic evaluations, and reassessments. The goal is disease prevention, management, and return on investment.

Studies show that worksite health initiatives are a good business investment, (Edington 2006). Lewis provided evidence that the corporate climate has a strong impact on employee behaviors. Perhaps worksite health promotions are the long-term answer for keeping people well. With pending government legislation that will offer tax credits for employers with wellness programs, and the intended introduction or growth of these programs by multinational corporations in the next 5 years, can the insurance companies be far behind in their incentive support?

The bottom line is simple: Work-site health initiatives are producing a real difference in employee risk reduction for disease, making good human sense and good business sense.

Define Yourself Health Coaching offers

- ✓ *Comprehensive, confidential Assessments*
- ✓ *Professional risks analysis*
- ✓ *Custom program design, promotion and implementation*
- ✓ *On-site health education, fitness/wellness classes*
- ✓ *Effective evaluation and reporting*
- ✓ *Fully certified with comprehensive liability coverage*
- ✓ *Bi-monthly Health Newsletter*

Would you like to discuss your return on investment?