

Moving Beyond Willpower

Designing Your own Road Map for Healthy Living

Learn How to Make SMART Health Behavior Goals that Work

When you initially make that New Year's resolution, or new habit decision, do you find yourself doing well in the beginning, only to get stuck along the way and then lose your momentum? Do you want to learn how to make healthy changes that work long term? For most individuals, *setting* goals is easy, but maintaining behavior change over time is the challenging part.



In an education session presented by Dr. Becky Lang, you will learn how to:

- make healthy behavior changes that are important to **you**
- make 'behavior change' goals rather than 'outcome' goals...this will lead to greater success
- develop a SMART strategy for healthy behavior changes
- develop your own 6 week health behavior change goal plan

using the SMART principles

Presenter:

Dr. Becky Lang

- Certified Wellness Coach® through Wellcoaches, Inc.
- Intrinsic Coach® - Completed Advanced training through TotallyCoached®
- Trained in Motivational Interviewing
- Over 25 years of experience in the field of health promotion; 8 years in the field of lifestyle coaching
- Founder of LifeStrategies, a coaching and speaking business which focuses on effective strategies for healthy living
- Provides 'train the trainer' coaching programs as well as her own lifestyle coaching services
- Works as a consultant and presenter on behavior change and lifestyle coaching for health professionals and business leaders throughout the United States and Internationally

Dr. Lang is passionate about sharing the transforming impact evidence-based behavior change coaching can have on individuals...whether it is in an organization, a clinic, a gym or at home.

Come and learn how to make goals and use strategies that will move your life forward.

Healthy Behavior Changes that Work

Contact Amanda Moser at amanda.moser@lmcins.com for more information