

Focus for Life (A Salutogenic Model of Wellness)

In this training, consumers will learn to live life by choosing their focus in life with events that happen, learning to network to obtain resources and doing something meaningful in life. Once trained how to do this, consumers develop a resiliency so that when events happen, they can bounce back from things that happen. This is a proven model called Salutogenesis. Salutogenesis includes components of:

- Meaning – Purpose, values, Efficacy and Self Worth,
- Manageability – Developing a sense that you can always get your needs met
- Comprehensibility – Altering cognition by intentionally determining your thoughts, altering reality by changing our interpretation of experiences

In addition to the Salutogenic Model of Wellness, consumers learn coaching and listening skills, taking back power through Personal Responsibility, identifying Personal Medicine, Developing a Personal Mission Statement (developing a framework for your life), Listening to and transforming the language that we use including the use of quotes and discovering there is hope in action.

Participants and those they work with teach people to live with their illness not in their illness.