

## Living Compass, Community Wellness Advocate (CWA) Training

May 17, 18, 2019

Sponsored by Holy Cross Parish Nurse Network



A Living Compass training is both a training and a wellness retreat experience. The best way to learn how to lead the Living Compass tools and programs is to experience some of them for one's self. You will be introduced to and learn how to use a variety of wellness tools for adults, parents, and teens. Each tool can be adapted and customized to fit your local context. At the training you will also take time to assess the wellness needs and the wellness ministry opportunities both within your faith community and the wider community at large. You will be enriched by spending 2 days in community with others who are also passionate about integrating faith and wellness.

### Living Compass general information:

- Three programs: adult, teen, and parent compass
  - Big book (core program) –self-guided process; can be done on own or in community; can be tailored for any programming (i.e., retreat)
  - Work book for wellness circles (six-week course) for closed group in community
  - All are offered in Christian or community (secular) versions except Parent (only in community voice – can invite everyone in surrounding area to come to parenting class)
- Have print formats and digital formats for some resources
  - Digital formats – facilitator guides (strictly Christian) with 8 different topics on wellness that can be used as 4-week classes; general public = \$25; free if go to Community Wellness Advocate (CWA) training:
    - Grief and Loss
    - Forgiveness
    - Parent Wellness
    - Aging Well
    - Mindful Eating
    - Building Healthy Relationships
    - Enhancing Your Well-Being With a Spiritual Practice
- Uses motivational interviewing and whole person health model
  - Not educational but empowerment-based; encourage mindset change and growth
- Only thing community would have to purchase is workbooks (\$5) and/or big books (\$10)
- Hard to navigate all their resources and effective use without CWA training
  - The training will help our leaders navigate our wide variety of resources and develop creative ways to use them in their particular context. It is also a deeper dive into the core program for adults and how to facilitate wellness circles.

More information can be found at <https://www.Livingcompass.org>