

Glenwood-Lyndale
Health Realization Training Center

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Our mission is to assist people in
improving their quality of life.

Through understanding the nature of our
experience, we are able to create a life for
ourselves that is richer, healthier, and stress free,
regardless of the circumstances around us.

"Now when I close a case, I never feel like I have not made some kind of difference in that person's life."
~ Public Health Nurse,
Washington Co., MN

"I really think I can apply this to everything I do, every day. What a simple yet powerful way to look at the power of thought."
~ College Professor, St. Paul, MN

Our teaching philosophy...

Health Realization is a philosophy that has been identified as a best practice for resilience or strength based programming. When used as a foundation for bringing mental well-being to individuals, families, communities and organizations, the principles of this model transform resilience from a good idea to an achievable reality.

This asset or strength based modality is based on the premise of innate health and resilience as an unlimited, ever present, natural resource to all human beings. As people connect with this natural resource and live in a higher state of well being, they are able to care and serve others, as well as themselves with more common sense, compassion and understanding. This results in more natural and deeper connections in our personal and professional relationships. Through this understanding people are able to better direct others' to their internal guidance system to navigate their way through life with greater ease. People are able to rise above and beyond their life circumstances.

Benefits for individuals who attend trainings...

This understanding is a gift for anyone who feels stressed, overwhelmed, too busy, or desires a more manageable and meaningful life. Health Realization teaches people how to maintain their peace of mind regardless of what is happening in our lives.

It gives them the tools to stay grounded and live life with a greater presence, which in turn allows us to experience improved relationships. People consistently report less worry, anxiety, and job burnout and experience an increase of personal effectiveness, creativity and improved physical health.

Benefits for organizations and managers...

When people understand this framework they create healthier professional relationships and work environments. They transition through change with more ease. In these times when we are asked to do more with less, employees manage the workload with improved quality and less co-miseration. Service oriented agencies notice a direct correlation between the health of the helper and the impact on clients and outcomes.

Health Realization offers a "best practice" to deal with customer service, diversity, conflict resolution and other employee issues. It provides a common neutral language that can be used throughout an organization. As employees feel empowered, relationships and team work improve. They become more creative and operate in a "state of service." When we enjoy coming to work, there is an increase in productivity and potential cost savings for the organization through a decrease in turnover rates, staff efficiency, benefits costs and liability. There is a natural decrease in demands on the managers and supervisors by employees of the organization.

The training center has worked with staff from a variety of arenas: Education, medicine, social service, business, communities, churches, non-profit agencies, youth development, chemical and mental health.

Impact of Training...

Educators report that focusing on health versus dysfunction in their students, witness improved academic performance and behavior. Employees from different systems report feeling less stress regardless of the demands of their jobs. Managers see higher productivity and less job dissatisfaction amongst their employees. Individuals experience personal empowerment and hopefulness.

Opportunities for Training and Programming

Offerings for individuals

Level I: Bringing Health to Life

This course is offered regularly throughout the year. It is designed to give individuals the opportunity to develop a personal understanding of the Health Realization philosophy.

Level II: "A Closer Look"

This course is offered yearly. It is designed for individuals who are interested in deepening their personal understanding and developing application skills of the Health Realization philosophy.

Train the Trainer

We offer this course as needed for those wanting to deepen their grounding and the articulation of the model, to be able to educate others with greater ease.

Supervision

We offer individual supervision, consultation, and a group supervision series. This service provides people who work with individuals or groups an opportunity to explore more effective ways to assist the people they serve.

Seminars

Half day seminars are offered throughout the year. The seminars are topic specific and provide learning opportunities for individuals who are looking for a Health Realization boost.

Individual counseling and life skills training

Individual counseling and life skills training are available in person or by telephone.

Offerings for organizations

Our work with individuals and organizations is customized to meet their needs. The services may include individual counseling, life coaching, seminars, conference keynote addresses, Level I and Level II Health Realization courses or in-services, or larger projects where we assist the organization as they integrate a resilient, strength based operational philosophy into their culture. Examples of seminar or in-service topics include reducing stress, turning down the static in your attic, moving from risk to resiliency, working with challenging clients, finding peace of mind in an ever changing world, etc.

"Health Realization Training should really be a prerequisite to all other team building activities and staff training within an organization."
~ School Administrator, Eden Prairie, MN

Cost for services...

Our fee schedule for organizations is based on a daily or hourly rate depending on the services that are provided. Rates vary based on the organization's financial status. Fees for "open" courses are designed to be affordable. Scholarships and discounts may be available. Individual counseling and life skills training are negotiated based on the individual's financial status and ability to pay.

Please contact the training center or check the web page for specific training opportunities open to anyone.