



*Harvest Enterprises*™

## **Sharon L. Benedict, MS, ACC**

The Powerful Partnership of Life Coaching and Your Healthcare/Wellness Experience

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## ***Integrative Wellness Coaching and The Wellness Inventory Program***

### **Integrative Wellness Coaching**

*Integrative Wellness Coaching* (IWC) encompasses the whole person, helping you create a design for the life you want both professionally and personally. The focus is on making important lifestyle changes that help you seek, reach, and achieve your vision of wellness for lasting lifestyle behavior changes.

Sharon's distinctive coaching skill sets are specifically tailored to accommodate a preventive/wellness/longevity perspective. Her skill sets and resources augment and utilize the best of both worlds, conventional and CAM that support an integrative wellness team for her clients.

IWC services provide the advocacy and collaborative team relationship necessary for gaining answers to the many questions and concerns proactive consumers, patients, and healthcare/wellness professionals are seeking in the 21st century. As a certified Professional Life/Wellness Coach, Sharon has an enduring passion to make a difference in people's lives by helping them achieve the highest level of wellness possible.

### **The Wellness Inventory Program**

The Wellness Inventory is a unique multi-faceted wellness program developed by HealthWorld Online and the pioneering work of John W. Travis, MD. Sharon has teamed up with The Wellness Inventory Program to make it available to her clients and all who desire to reach the highest level of wellness they are willing and able to achieve. In order to understand the practical offerings of this dynamic program, the following is a summary of what wellness is all about; and how *The Wellness Inventory Program* teamed with Sharon's IWC perspective is a winning combination of services.



## What is Wellness?

(adapted with permission © John W. Travis, MD, MPH, 1981, 1988, 2004)

- **Wellness is a choice....** *a decision you make to move toward optimal health.*
- **Wellness is a way of life...** *a lifestyle you design to achieve your highest potential for well-being.*
- **Wellness is a process...** *a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now.*
- **Wellness is a balanced channeling of energy...** *energy received from the environment, transformed within you, and returned to affect the world around you.*
- **Wellness is the integration of the body, mind, and spirit....** *the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health...*
- **Wellness is the loving acceptance of yourself.**
- **Wellness is RELATIONSHIPS!**

**Again, Wellness is Relationships—**

**“CONNECTEDNESS IS THE CURRENCY OF WELLNESS”- John W. Travis, MD**

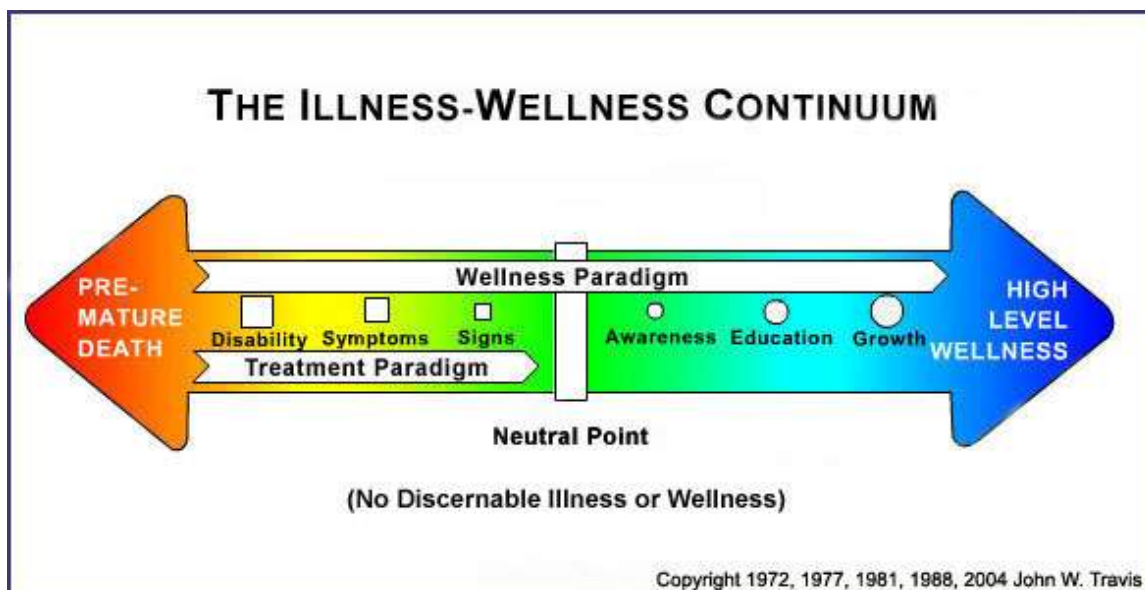
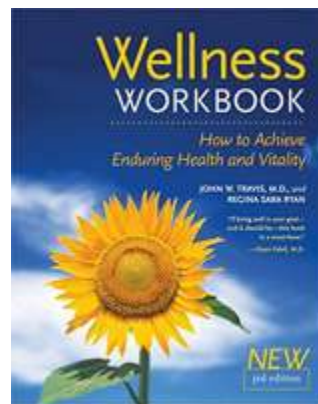
Wellness can also be understood by the fact that—

***Illness starts with “I”      Wellness starts with “WE”***  
**ISOLATING BEHAVIOR holds us back and HINDERS WELLNESS**



## Illness-Wellness Continuum

The Wellness Inventory Program is based on the work of John W. Travis, MD, MPH, recognized as a founder of the wellness movement. While a resident at Johns Hopkins and simultaneously a commissioned officer in the U.S. Public Health Service, Dr. John W. Travis experienced an epiphany that he would dedicate his life to “teaching people to be well” rather than treating illness. In the 1970s, Dr. Travis created *The Illness-Wellness Continuum* to more clearly illustrate the Wellness Paradigm. In 1975, he then opened the first wellness center in the US in Mill Valley, California. He also created the original Wellness Inventory that same year and authored the classic book *Wellness Workbook* (first published in 1981 w/ latest edition June 2004).





## The 12 Dimensions of the Wellness Energy System

(Adapted with permission from the Wellness Inventory, copyright 2003 John W. Travis and HealthWorld Online, Inc)

John Travis developed these 12 Dimensions of a Wellness Energy System as a primary assessment tool for the Wellness Inventory. This energy system offers a comprehensive wellness context for the wellness coaching process. You can directly access and sign in to complete the [Wellness Inventory](#) by clicking here or on the web page side links.



Sharon has woven these foundational 12 dimensions into a targeted integrative wellness coaching process that incorporates her wellness perspective and multiple resources to create a truly holistic coaching experience. The following adjusted dimension descriptions (noted w/ [SB.ed.]) offers you a glimpse into the synergy of Travis' pioneering work together with Sharon's own wellness perspective.



***Self-responsibility, with love and compassion***, are the forms of energy we will address first in the Wellness Energy System. They are choices that create an environment, or context, within which all other energy expressions can be considered. Self-responsibility and love flow from the appreciation that we are not separate and individual entities, nor are we made up of separate parts. Rather, we are united in one energy system with everything else in creation. This means that every choice we make about our own bodies and lives impact our children, neighbors next door, and the world we live in. [SB.ed.]

***Breathing*** is synonymous with living. It is basic to our energy-transforming metabolism. Breathing is the first of three energy inputs in the Wellness Energy System. The oxygen it provides is needed for the production of the high-energy chemical bonds that result when it combines with our blood sugar within every cell of our body. Much of our capacity for energy and brain function is influenced by how we breathe while exercising and at rest. The breath may also provide more subtle energies or “life force” not yet completely understood or recognized by our western science. [SB.ed.]

***Sensing—sensory information (light, heat, touch, sound, odor, taste, movement, etc.)*** is the second form of energy input in the Wellness Energy System. Vast amounts of energy are received from our environment and channeled by our physical senses, and possibly through other less well-understood senses. These energies are necessary for our protection and survival, and serve as our most basic form of communication. We are often unaware of the impact of these senses; even take them for granted every day. [SB.ed.]

***Eating/Food*** is our third form of energy input (including digestion and assimilation). Eating is the process whereby molecules are extracted from food, combusted with the oxygen supplied by breathing, and transformed into electrochemical and heat energy. These newly acquired molecules are also used in the production of raw materials needed for building and repairing body parts. The old adage, “We are what we eat” still holds true. So, if food quantity and quality are not consciously chosen in balance with one another, our ability to properly digest and assimilate food is considerably limited; and directly impacts energy, muscle, and brain function. [SB.ed.]

***Movement*** is a most basic expression of energy output in the Wellness Energy System. Nourished and stimulated with oxygen, sensory data, and food-fuels, the body responds with internal movement; lungs expanding and contracting, heart pumping, etc., and external movement; smiling, walking, etc. The ability to move is the basis for more complex bodily activities such as working and playing, creative expression, communication, and sexual activity.

***Feelings or emotion--fear, sadness, joy, anger—is an important form of human energy output.*** Feelings are generated from within the limbic system of the brain, and serve to motivate both thought and action. [SB.ed.]



**Thinking** is a form of electrochemical energy generated in the brain, and is a type of energy output. While it requires all the energy input sources, thinking is particularly dependent upon sensory data, and relies heavily on the energy of emotions in creating its internal maps of external reality.

**Playing and Working** are directed, focused, energy expressions. The energy of thinking and communicating, enhanced by the energy of movement, combine to create a form in which human beings interact with others and their environment, produce goods and services, and structure their time, and thus their lives.

**Communicating** is the organization of feeling and thinking energy and their transmission in the form of a message, verbal or non-verbal. Communicating is an energy output that allows us to share our internal maps of reality with others, and thus forms the foundation of culture and community. [SB.ed.]

**Intimacy** is one of the significantly active manifestations of the many functions of the human body, mind, and spirit. Sex is about the preservation of life--a type of communication in which the entire organism attempts to unify itself with another. Yet, sex is also intricately involved with our most basic human need—**Intimacy**. Intimacy and the sex act are dynamically dependent upon and strongly modified by a variety of physical (breath, sensation, food/fuel), emotional/mental (thoughts, feelings, and messages), and spiritual (belief system/mindset) energy input sources for its complete expression to be whole and truly intimate. [SB.ed.]

[Note: This one form of “élan vital” is evidence of the vital energy known as Qi in Eastern philosophy. Today, Western Medicine, particularly Integrative Medicine, has begun to validate this “vital energy” concept of Qi, Yin, Yang, as a quantifiable, systemic process directly tied to the autonomic (sympathetic/parasympathetic) and somatic nervous systems...embracing an organizing principle throughout the entire body. This ever-present cascading system impacts all other systems, such as the central nervous system, endocrine and immune system. The sympathetic and parasympathetic systems represent Yang and Yin (or push and pull feedback), respectively. [Beinfeld H, Korngold Efrem, OMD. Between Heave and Earth, A Guide to Chinese Medicine. Ballatine Wellspring. 1991; Kim SS, MD. Acupuncture: The Way to Healing, Synthesis of Western and Eastern Thought and the Flow of Energy. ©2004 Sung S. Kim, MD. Email: [sskim@one.net](mailto:sskim@one.net).]

**Finding Meaning** involves a complex energy output of all previous energy forms. It involves the basic questions: Who am I? Why am I here? Where am I going? What do I want? What is real? What is true? Regardless of whether these questions are conscious or unconscious, all life activity, all other energy expressions, are colored by them. The ongoing process of addressing these questions encourages a balanced life and provides us with a focal point toward which to direct our energy. [SB.ed.]



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***Transcending** is the movement in which all energies, once experienced as separate types and in individual contexts, are appreciated as one. Put another way, we come to know that we are connected and impacted by all around us. Every part of our being is encoded with the desire to **go beyond** just what we see and feel. We are infused with this energy in the “whole” of all life. This life connection is programmed into our being, our very DNA, and intuitively draws us in search of the source of all life, to be truly “one” with the God of the universe—the creator and sustainer of all energy. This knowledge inspires both love and self-responsibility, which takes us full circle in the never-ending spiral of wellness. This wellness journey doesn’t hold back every limitation, old age or inevitable death for us all but makes the journey considerably more pleasant. . . a journey offering a greater measure of purpose, fulfillment, and joy in living well.*  
[SB.ed.]



## The 5 Steps to Wellness

Here are the basic steps you would take to achieve the level of wellness you desire utilizing the Wellness Inventory Program and the coaching process. This practical and low-cost program is designed to be available to you and your coach for reviewing ongoing progress and achievement together. You are encouraged to periodically revisit the program and complete another lifestyle assessment as you *seek, reach, and achieve* your each wellness goal.

This interactive program provides a practical means to update your goals, actions, and satisfaction scores as you continue your wellness journey. You can take the assessment up to 2 times per year (approximately every 6 months). If you wish to complete the assessment at another time, you can conveniently logoff after completing any section and return to complete the assessment. Take the assessment with mindfulness and an attitude of exploration—as if you were savoring a delicious cup of tea. You are beginning a personal wellness journey.

**Step 1 - Assessment:** *You complete a lifestyle assessment covering 12 dimensions of “whole person” wellness (short version—60 statements/15-30 minutes, long version—120 statements/35-60 minutes). Each statement represents a wellness practice, behavior, or attitude. You will answer each statement responding to “How True is this for you at this time?” and “How satisfied are you with your level of wellness in this area?”*

**Step 2 - Scores:** *You then receive Wellness & Satisfaction Scores for each section. The Satisfaction Score indicates your “readiness for change” in each area. There are 3 Wellness areas that typically result in the lowest scores—breathing, eating, and moving. As you review your Wellness scores, your Satisfaction scores will be an important motivator for change. It is important to acknowledge your strength as you reach for higher wellness in other areas.*

**Step 3 - Personal Wellness Plan:** *Your coach will then help you discover and fashion a wellness action plan incorporating the expertise of your healthcare providers. Within the program and the coaching process, 5-10 wellness action steps will be created based on the areas you are most motivated to change. Your coach will be there to support you as you work on each action step.*



**Step 4 - Tools to Help Implement Your Plan:** Tools to help you reach your goals. Your ‘virtual coach’ helps you stay focused on goals via regular email reminders containing a Personal Wellness Action Plan. On “My Wellness Homepage”, your personal wellness command center, you can:

- Start a new test or resume an incomplete test
- View Wellness & Satisfaction Scores
- View your Personal Wellness Action Plan
- Record your insights and successes in each of the 12 areas of wellness in “My Wellness Journal”
- Read helpful wellness commentaries in the Wellness Self-Study Center
- Access the Wellness Resource Centers
- Edit and update your Personal Wellness Action Plan to reflect your ongoing progress
- Compare test scores over time

**Step 5 - Resources for Ongoing Wellness:** The 12 Wellness Resource Centers help you achieve your wellness goals with recommended reading, audio courses, Sharon’s distinctive wellness coaching services, and related products and services.

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Now that you have an overview of The Wellness Inventory Program and Sharon’s Integrative Wellness Coaching perspective, you are invited to immediately access and complete your own personal **Wellness Inventory** (Click below).

## [Wellness Inventory Program](#)

**Sharon awaits your Wellness Inventory results and looks forward to teaming up with you to *seek, reach, and achieve* your life and wellness goals.**