

Behavior Change & Habit Support

Accountability, Coaching,
Sustainable Change

Going Passionately!

How & Why to Overcome Common Passion Problems

What the world needs now is people who are passionately (and purposefully) living their best lives, thus inspiring others to do the same. What would it look like to live life more passionately, pouring yourself into interests and activities that transform the lives of yourself and others? This program is dedicated to just this and supports you in making that magic happen immediately within the workday. Look forward to clarifying and cultivating your very own passion project – one that ignites joy, energy and motivation in your mind, body, spirit, environment and community. Together, we'll explore ways to fuel consistent action day-after-day ... ultimately bringing greater passion your way!

Habit Stacking for Success

Proven Ways to Layer & Leverage Healthy Habits in Your Life

Learn how to adopt new, healthier behaviors (and make them stick) by leveraging your existing patterns and strengths. Join us for an insightful conversation around human motivation, behavior change basics and several ways to layer the habits you want into your life. Old habits may die hard, but it is possible to set the stage for success with a few foundational practices. Come prepared to explore your biggest opportunities and then get ready to swing into action with specific next steps.

Quit Clinic – Option 1

Support Yourself & Others in Quitting Tobacco or Vaping

Quitting a long-standing habit is never easy – this we acknowledge. Yet you don't have to navigate that process alone. It is proven that people who are in the contemplative stage (thinking about quitting) benefit from receiving information around the quitting process and what to consider prior to taking steps toward quitting. This Quit Clinic is a fast solution for providing information and education on quitting combustible or smokeless tobacco, as well as vaping.

Quit Clinic – Option 2

Support Yourself & Others in Quitting a High-Risk Habit

Quitting a long-standing habit is never easy – this we acknowledge. Yet you don't have to navigate that process alone. It is proven that people who are in the contemplative stage (thinking about quitting a habit) benefit from receiving information around the quitting process and what to consider prior to taking steps toward quitting. This Quit Clinic is a fast solution for providing information and education on quitting a high-risk habit (including additional insights related to combustible or smokeless tobacco, as well as vaping).