

Health for Every Body[™] Facilitator



The Health for Every Body[®] Facilitator Training Program Overview

WEEK	TOPIC
1	Introductions, Health At Every Size [®] History and Principles
2	<p>HFEB Workshop 1: <i>Myths and Realities</i> – overview of current research regarding dieting, weight and health</p> <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 1 • Additional data and information on the relationship between weight and health
3	<p>HFEB Workshop 2: <i>Preoccupation with Thinness</i> – examination of social and cultural pressures to be thin</p> <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 2 • Additional data and information on preoccupation with thinness
4	<p>HFEB Workshop 3: <i>Body Dissatisfaction</i> – the health consequences of body dissatisfaction</p> <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 3 • Additional data and information on negative wellbeing and quality of life effects on body dissatisfaction
5	<p>HFEB Workshop 4: <i>Body Acceptance</i> – improving body acceptance and self-esteem</p> <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 4 • Additional conversation around self-esteem and body acceptance

WEEK	TOPIC
6	HFEB Workshop 5: <i>Pleasurable movement</i> – enjoyable, sustainable activity at any size <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 5 • Additional conversation and information on pleasurable movement; mindful movement
7	HFEB Workshop 6: <i>Intuitive Eating</i> – reducing disordered eating through mindful, intuitive eating <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 6 • Additional data on dangers of restrictive eating; additional resources for mindful eating
8	HFEB Workshop 7: <i>Healing Power of Connection</i> – the health benefits of relationships and social support <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 7 • Information on positive emotions and social connection
9	HFEB Workshop 8: <i>Going Inward</i> – stress management, mindfulness and finding purpose and meaning <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 8 • The process of change – rewiring the brain, Part 1
10	HFEB Workshop 9: <i>The Big Picture</i> – improving health in the presence of a chronic condition <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 9 • The process of change – rewiring the brain, Part 2
11	HFEB Workshop 10: <i>Final Thoughts</i> – solidifying and protecting improvement <ul style="list-style-type: none"> • Debrief and How-To Facilitate Workshop 10
12	<ul style="list-style-type: none"> • Business and Marketing - Talking with others about this program • What’s next / Administrative Wrap-up

***Note:** weeks 2 through 11 participants will experience the HFEB Program as a participant would, while also learning how to effectively and powerfully facilitate the program in the workplace and community.