



Tips, Tricks & Recipes

Key Elements to Making Positive Changes:

- Communication
- Support
- Positive Attitude
- Patience
- Confidence
- Emotional Receptivity
- Full Participation
- Understanding (who, what, where, when, why and how)
- Clear Direction
- Goals and Planned Outcomes
- "No Fear"

Upcoming Courses

Shifting to Wellness
Employee Course 1-day
Sept 27, Oct 26, Nov 28 2005
Keyano College - Fort
McMurray, AB

Shifting to Wellness
Train the Trainer Course 2-day
Feb 1 & 2, 2006
Calgary, AB

Attention All Certified Trainers

In preparation for the release of the new program we are implementing a Trainer Recertification Program. The program includes the opportunity to attend a Trainer workshop to prepare you to deliver the new program. If you haven't received the Trainer Memo outlining the details, please contact Head Office.

Contact Us!

Shifting to Wellness
Box 10, Keyano College
8115 Franklin Ave
Fort McMurray, AB, T9H 2H7
1-800-251-1408 ext 4945
1-780-791-4945
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Big Changes for Shifting to Wellness!

Expanding the Shifting to Wellness Team

Due to the expansion of Shifting to Wellness from coast to coast we have grown to meet the demand by doubling our staff...to two people! Jennifer Deane (formerly the Project Coordinator) is in our Vancouver office and focuses on Marketing and Sales. New to the team is Cadence Konopaki (Project Coordinator) at Head Office in Fort McMurray. To keep things simple, all communication should continue to be directed to Head Office (contact details found below).

New and Improved 2006 Shifting to Wellness Program

We are nearing the completion of our program overhaul. In addition to updating existing research and materials, and improving Trainer tools, we have added two new modules; *Shifting to Wellness by Maintaining Spiritual, Cultural and Gender Awareness*, and *Shifting to Wellness by Understanding the Impact of Shiftwork on Sexual Activity*.

The new program will be released and available for purchase in January 2006. The first open Train the Trainer course will be held in Calgary, February 1 & 2, 2006. Contact Head Office to register today.

Fun Facts for Shiftworkers

Things to Consider About Change

Behaviour modification and lifestyle adjustment are important issues to be addressed by you the shiftworker. Changes may be required to support your healthy shiftwork lifestyle. The process of change is complex and can be affected by many factors.

One of the most important factors of change is to consider motivation. Motivation to make changes comes from knowing why this change will benefit your life. Once you know this, the energy and commitment to make the change will then be generated from within.

The ability to change lifestyles is highly individual. You may want to focus first on one aspect of your lifestyle and progressively build on your successes. It may be wise for you to start with the easiest challenge, rather than the toughest one.

In a nutshell, when considering making a lifestyle change, know your reasons and start simple.

