



COMPREHENSIVE HEALTH & WELLNESS

OUR VISION

To enhance the Comprehensive Health & Wellness of the Wisconsin National Guard

If we do what we've always done, we'll get what we've always got. This remains true regarding our Soldiers' and Airmen's' health and wellness. There is no quick fix to achieve optimal health and wellness. Leaders can however, take responsibility for the culture they create. Our culture is a reflection of our leadership. To improve our culture we must improve the way we lead.

COURSES

Comprehensive Health & Wellness Basic Course

The CHWBC equips students with the proper tools to work on and improve life, health, and wellness. Students can expect to learn about the five pillars of health and wellness with practical application in each area (mental, physical, social, spiritual, and financial). The two week course helps students identify root- cause behaviors, develop appropriate interventions, and make comprehensive lifestyle changes that stick.

Comprehensive Health & Wellness Leaders Course

The CHWLC trains leaders to accurately and ethically help their Soldiers or Airmen improve health and wellness. Students will learn basic motivational interviewing competencies and how to manage the culture of health and wellness at their unit. Leaders at all levels (E5 and above) are encouraged to attend this five- day course to broaden understanding of behavior change and intervention of adversity to effectively help those whom they lead.

Comprehensive Health & Wellness Executive Leaders Course

The CHWELC is a 1.5 day immersive experience for Executive Military Leaders wanting to learn skills to take analysis to action and information to implementation. Executive Leaders (E9, W5, O6 and above, and GS15) will explore a hybrid of lecture, skill-building activities, and practical exercises within the learning environment which address a variety of challenges associated with high-level organization development, emotional intelligence, and strategic planning. You'll finish this course with innovative ideas which empower your senior leaders to effectively make change and solve problems.



BASIC COURSE

21 Apr 23 - 05 May 23
3 June 23 - 17 June 23

LEADERS COURSE

28 Nov 22 - 02 Dec 22
20 Feb 23 - 24 Feb 23
28 Aug 23 - 01 Sep 23

EXECUTIVE LEADERS COURSE

24 Apr 23 - 25 Apr 23

For inquiries contact
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