

Healing with Excellence Mentorship Week



Day one:

9am-11am

Meet & greet
Introduction to the week

11am-1pm

Volunteer patients

1pm-2:15pm

Lunch

2:15-2:30pm

Brief recap of morning

2:30-4:30pm

Volunteer patients/clients

4:30-5pm

Discuss case studies

Day two:

9am-11am

Learning health intake forms

11am-1pm

Lifestyle stressors/cellular function

1pm-2:15pm

Lunch

2:15pm-4pm

Micronutrients/Macronutrients

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Day two (cont'd)

4pm-5pm

Deciphering blood work

Day three:

9am-11am

Areas of pain

Causes of pain

Relationship to lifestyle

11am-1pm

Biofeedback tools

Body composition

1pm-2:15pm

Lunch

2:15-4pm

Deciphering biofeedback

Understanding energy zones

4-5pm

Mental stress and its impacts

Day four:

9am-10am

Questions & recap

10am-12pm

Follow up with volunteer patient/clients

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Day four (cont'd):

12pm-1pm

Discuss initial follow up sessions

1pm-2:15pm

Lunch

2:15pm-4pm

Specific diagnoses

Hormones

4-5pm

Other therapies/solutions available

Day five:

9am-10am

Recap of previous day & questions

10am-12pm

Personal health assessments and vitality

12pm-1pm

Additional tools available for wellness

1pm-2:15pm

Lunch

2:15pm-4pm

Movement therapy for fluidity and health

4pm-5pm

Breathing and meditation

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Day 6:

9am-11am

Implementation

11am-1pm

Business operations

Marketing

Relationship building with professionals

1pm-2:15pm

Lunch

2:15-4pm

Review health forms

Therapy modalities

Vitamin deficiencies

Relationships to pain

4-5pm

Certificates

Q&A

Celebration of completion