

## Find Your Healthy Balance

Acquire the pursuit of balance in your life based on a standard that desires more than the status quo.



Effective Not Only For Life-Disruptive Distresses, Trauma, or Loss

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MOVEMENTTOCHANGE, INC.  
HEALING AND WELLNESS

OPENING MINDS WITH  
CLARITY AND RESPECT

## Establishing a Healing and Wellness Culture



OPENING MINDS WITH CLARITY  
AND RESPECT

## What is a Group's Culture?

"A PATTERN OF SHARED BASIC ASSUMPTIONS that the group learned as it solved its problems of external adaptation and internal integration that has worked well enough to be considered valid and, therefore, to be TAUGHT TO NEW MEMBERS as the correct way to perceive, think, and feel in relation to those problems."\*



## Language Defines

The human experience

is pursued through interactive communication elevated through shared language.

We prize the experience of one who listens well and responds with clarity. Having had this experience, we can aspire to learn it better for ourselves if we honestly desire this journey.

## LEARN WAYS THAT WORK TO SOLVE PROBLEMS

### Educate Yourself

Within the healing and wellness culture you can learn the process of getting better from trauma, loss or life-disruptive distresses with dignity and hope. Or you can learn about how to maintain your body and mind in healthy balances.

We know there are solutions and a life worth living after problematic situations are identified. You can know this too without additional losses.

Aspire to surround yourself with caring, respectful, like-minded people who eagerly anticipate purpose and growth, who are able to sit patiently in the beauty of the moment, and who have gained a perceptiveness that finds balance.



\* Definition from Edgar H. Schein's book *Organizational Culture and Leadership*, John Wiley & Sons (1992)

## Join the Healing and Wellness Culture.



MOVEMENTTOCHANGE Healing and Wellness Curriculum is designed to introduce, provide experiential opportunities and practice within our healing and wellness culture.

Give us a call or check our website:  
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