

### **Habit and Behavioral Change Counseling**

- Obtain one-on-one support from our behavior modification specialist. We assess readiness to make lifestyle changes using the Change for Good model developed by Prochaska. We first determine the current stage (pre-contemplation, contemplation, preparation, action, or maintenance) and then provide techniques proven effective to move you to the next level. Underlying our whole approach is our empowerment philosophy which puts the employee in charge and in control

### **Support Group Counseling**

- Join a small group of less than 12 people for a 1 hour session each week. Lectures can be customized based on group interest and could include topics on goal setting, lifestyle change, stress management, or issues related to a common health problem. Groups are led by a licensed clinical social worker or psychologist.