

# My Power Comes from the Professional Learning Process

---

---

## Let me explain the power that motivates me.

My power comes from these three places.

1. Experience in my chiropractic profession treating people in pain,
2. Identifying what a person needs to do to improve themselves so that my job as a chiropractor becomes easier and their healing speeds up,
3. Understanding how I can help people stay on track with Wellness science even when their chiropractic care is completed.

## Three areas of learning helped me solidify Wellness concepts.

1. Basic **Chiropractic Training**
2. Master of **Science Degree in Biology** with emphasis on Nutrition (Post the Chiropractic degree)
3. Three years Chiropractic **Sports Sciences Training** (Post Chiropractic)

**I recognized that these skills I learned extended far beyond the chiropractic profession.**

## There Is a Key Element in All of This

People cannot be forced into Wellness. They have to want Wellness for themselves and then they must **FOLLOW THROUGH**. They may not want it today however, they may change their mind tomorrow.

I am ready to help them when they are ready to help themselves. At that point in time, they will need to be measured against the Wellness science and then they will need tutoring workshops to show them how to utilize the numbers in their Wellness profile so they can follow through.

## Short Term Goal

My short term goal is to identify which companies have workers who have an interest in helping themselves with multi dimensional Wellness strategies including Chronic Disease Prevention Strategies.

## Long Term Goal

Long term I will be training **Wellness RISK Management Instructors** to help people achieve all of their action plans items identified by the science in the measurement program.