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Tutoring Workshops

We already know people do not do **Self-Help** Wellness very well, very regularly, or very accurately. We know many people don't know the science. We know that many people **don't do what they do know**. This is just human nature at work. The solution that **Wellness RISK Management** has found that works well, in the clinical setting, is to have **one-on-one** help, or what we might call group level help. We adapt that clinical lesson to the **Self-Help** field. That human connection is what gets the questions that people have answered, and helps people learn strategies to deal with their own stubbornness and their own time management. **Tutoring Workshops** are an indispensable part of delivering **Self-Help Wellness** while a person is 'Making Wellness a Priority'.

[Link back to https://wellnessriskmanagement.com/read-me-first.html#five-one-page-pdf](https://wellnessriskmanagement.com/read-me-first.html#five-one-page-pdf)

[Link back to https://optimalhealthsecrets.com/library.html#five-one-page](https://optimalhealthsecrets.com/library.html#five-one-page)