

TLC Spa - Retreat - Resort - SAHS Inquiry Center PROGRAM OVERVIEW

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The core Spa programs and services:.

- ▶ WELL-BEING RESORT PROGRAMS
- ▶ WELLNESS RETREAT (CLINIC)
- ▶ A REJUVENATION SPA
- ▶ WISDOM PROGRAM

Specialized Programs

- ▶ SPIRITUAL LIVING EXPLORATION, SPIRITUAL SANCTUARY
- ▶ TLC TRAINING INSTITUTE

Society for the Advancement of the Human Spirit Center

- ▶ RETREAT
- ▶ INSTITUTE (ADJACENT)

INTRODUCTION TO SPA-RESORT-RETREAT PROGRAMS

These services and programs are the foundation for *facilitating wellness* — body, mind, & spirit. The participant through both the individual and group offerings will be supported in being able to experience a composite *sense of well-being* in totality - all the aspects of being and domains of life.

- 1) Local residents and guests may simply choose *a la carte* from the array of offerings to enhance an aspect of wellness.
- 2) They may participate in a schedule of offerings that explore a domain of well-being, i.e. physical health, relationships,
- 3) However, the preferred utilization of the programs would be for the guest to participate in individual evaluation sessions and then design a customized program for their needs at this time. This would entail periodic rechecks on progress throughout their stay. Then nearing the end of the program meet with a Coach (general &/or specialist) to review the well-ness program & well-being goals they are to continue on at home. This coach would be, at minimum, function as a “sponsor” insuring they don’t fall off the program and then optimally be as a coach to train them to be their best.

Body-Mind-Spirit Wellness Programs are the foundation of the resorts programs and of course focus on rest, rejuvenation and regeneration. A guest may be come with an array of physical & emotional problems:

- ✓ Exhaustion, burnt out, discouragement ...;
- ✓ A chronic ailment, sub health, pain, medical mysteries, structural problems;
- ✓ A un-resolved emotion, depression, a persistent doubt or fear about.

The individual wellness services, especially those of the clinic will support people address these problems wholistically and through multi-modality approaches. The well-ness programs in nutrition, exercise, cleansing/detox, electrical balancing, body therapy, structural corrections all are customized to complement the individual regeneration requirements.

Programs for Specialized Wellness Problems will be designed to evolve out of the first phase

of components noted above that already serve a varied spectrum of problems. Specialty programs may include:

- Ideal Weight & body fat percentages
- Chronic Ailments as in arthritis, diabetes, Chronic Fatigue Syndrome
- Obsessive - Compulsive Behaviors: Overeating, Anorexia, ...
- Dyslexia and other brain integration, perceptual difficulties
- Stress Reduction, Sleeplessness, Anxiety

Initially this may take the form of a week stay by individuals in a group oriented program. Eventually, it could evolve into week-to-month long programs designed for personnel in a specific company resolving addiction problems. They would receive individual counseling & coaching, participate in group sessions, and workshop experiences. Specialized ropes courses and creative expression classes would complement the program of wholistic care and full potential development.

Residential Co-Care Centers, will be established in conjunction with the resort property, for multi-modality, including wholistic treatment for dependencies & addictions. Eventually, separate co-care centers and residential facilities would be developed for each dependencies area. Co-care is thus a facilitated environment of mutual designed treatment and for which the participant is responsible in a structured environment.

Optimum Wellness Programs forms a second tier of offerings available for guests who are:

- 1) contributing additional support to overcoming specific problems or
- 2) creating the conditions for optimum well-ness in some aspect of their life including overcoming resistances, patterns self-sabotaging behavior, double mindedness. Evaluations and Optimization program design will be available for the following areas of daily balanced living:
 - ✓ Nutrition Fitness, plus personalized food combination & preparation.
 - ✓ Physical Fitness, plus individual Rest & Exercise Requirements, body mind integration, movement
 - ✓ Emotional Fitness, plus emotional healing sessions and home program design
 - ✓ Financial Fitness, plus Financial Planning ...

Program and Service Centers listed below will coordinate the customized individual services and group programs:

- TLC Wellness Clinic (& Natural Pharmacy)
- Rejuvenation Spa
- Optimum Well begin Counseling & Coaching Center
- Wholistic Health Club
- Sports Club & Recreation Center
- Creative Expression Center
- Chapel/Temple
- Library & Multi-Media Resource Center
- Nutritional Care & Food Services
- Kids Camp (youth programming will be a special focus for next phase of development)

Optimum Well-Being & Peak Performance Programs will be available for creating full-

potential in the guests life:

- ✓ Life Purpose, Mission, & Vision Counseling
- ✓ Career Transition Counseling
- ✓ Leadership Potential Counseling
- ✓ Spiritual Goals Counseling

**INTRODUCTION TO THE —
WELLNESS RETREAT and CLINIC** *"Facilitating Optimum Well-Being"*

TRIAGE - Pre-arrival Package Includes Video & Audio Tape, Questionnaire

Affiliated with Prevention Based Wellness Plans

Preferred Provider Health Insurance Plan

Including A Major Medical (Catastrophe) Policy

Referrals to: Participating Medical Specialists & Testing Facilities Hospital Emergency

WHOLISTIC HEALTH CARE TEAM

Individual Assessment with Multi-Modality Approach of Traditional & Complimentary
Medicine

Healing Program

CORE COMPONENTS

SPECIALIZED WELLNESS PROGRAMS

Customized Prevention & Regeneration Programs

CHRONIC HEALTH PROBLEMS PROGRAM:

Chronic Fatigue Syndrome, Arthritis, Diabetes..

Affiliated Programs & Services for Well-being & Full-potential

Individual Coaching Programs

TLC Well-being Resorts Specialized Programs

TLC Training Institute

Health Club & Customized Programs the Periodic Check-up "Fitness Review" Ideal

Research & Study Library Multi-media Resource Center

Natural Pharmacy

INTRODUCTION TO THE —

TLC TRAINING INSTITUTE

Training Lay People & Professionals In Creating Optimum Well-Being

on location at the Spa - Retreat to assist with practicums and internships

WHOLISTIC HEALTH EDUCATION: TRAINING & CERTIFYING:

Kalos Health Facilitators

Transformational Living Consultants

Courses, Mini-workshops, Seminars, Speakers Program, Guest Lectures, Supplemental Video

Lectures/courses, Learning Labs

HEALTH FACILITATOR CERTIFICATION

RECOMMENDED CERTIFICATION PROGRAMS Through Kalos Teachers Certified

ADDITIONAL TRAINING & CERTIFICATION by Founding or Sponsoring Agencies
TLC WELLNESS INTERN PROGRAM: Serving as the Institute's Teaching Clinic for Training

SPECIALIZED PROGRAM COORDINATOR TRAINING & CERTIFYING

TLC Well-being Programs Program Coordinators, Staff & Teachers

Kalos Seminar Leader Training: KI-KIV & Topical Workshops, Special Population Seminars

Administrating Customized Prevention & Regeneration Programs

Spiritual Counselors

M7 Personal Development & Professional Training Programs

Coach Training Program

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