

12 Weeks to Weight loss and Wellness Group Program

Week 1 - Introduction (home study)

Week 2 - Getting Started and Staying Motivated (zoom call) 1.25 hours

Objectives

- Connecting with who you are and what is important to you
- Identifying core values in order to make decisions and set goals
- Letting go of perfectionism, judgment and obligations regarding how and what to eat

Week 3 - Home study

Week 4 - Handling setbacks (1 hour zoom call)

Objectives

- See the value of self-acceptance and positive mental attitude
- Realizing what you can control and what is outside of your control
- Letting go of control and moving towards trust
- Aligning attitudes with goals

Week 5 - Home study

Week 6 - Tuning in instead of out (1 hour zoom call)

Objectives

- Understand the different kinds of hunger
- Explore your emotional eating patterns
- Introduce mindful eating
- Introduce stress management strategies

Week 7: Home study

Week 8 - Recognizing and learning coping strategies for stress

Objectives

- Introduce the topic of stress and how it impacts weight
- Learning to recognize stress triggers and symptoms and learn coping strategies
- Reflect on how you might create stress for yourself
- Understanding fight/flight/freeze response

Week 9: Home study

Week 10 - Asking for what you need to succeed

Objectives

- Understanding your response to change
- Understand how to reduce stress with effective communication
- Identify your support systems

Week 11: Home study

Week 12 - Seeing yourself the way you want to be

Objectives:

- Explore what it means to trust yourself
- Learning to accept yourself
- Seeing how far you've come
- Imagining your future
- Getting ready to go solo/beyond the program