



ABOUT OUTCOMES EXCELLENCE, INC.

Outcomes Excellence, Inc. is a wholistic health research institute that helps government agencies, organizations, and individuals make more informed decisions about health and social determinants of health through reliable data, research findings and recommendations, evidence-based programs, and consultation and coaching sessions. Branded services include the Wholistic Health Program ©, Wholistic Health Assessment ©, Wholistic Health Coach Program ©, and Wholistic Health App®.

ABOUT THE WHOLISTIC HEALTH PROGRAM ©

The Wholistic Health Program © is evidence based and designed to improve physical, mental, and optionally spiritual health by addressing a core influencer in our lives: relationships. It's designed with research, data, pilot participants, Neuroplasticity Cognitive Training techniques, Cognitive Behavior Therapy techniques, Repetitive Behavior Redirection techniques, and the Stages of Change Model. This flexible program is designed to be completed in 4 weeks or according to the needs of the individual and includes 10 exercises that address trauma, coping skills, detoxing physically and mentally, establishing boundaries, emotional intelligence, positive self-talk, gratefulness, reshaping our environment and inner circles, as well as an optional spiritual health component addressing forgiveness, overcoming fear, identity, understanding and winning spiritual battles, and more. The program is easy to follow, flexible, and can be self-directed, group supported, or supported by a clinical professional. Recreate a wholistically healthy life and be restored to wholeness.

ABOUT THE WHOLISTIC HEALTH ASSESSMENT ©

The Wholistic Health Assessment © was designed to accompany the Wholistic Health Program ©, although the assessment can be used with any program or alone. It assesses: Trauma, Coping Mechanisms, Mental Health, Physical Health, Spiritual Health (optional), and Outlook on Life as well as demographic questions to capture the whole picture of an individual's health and quality of life. It is designed for the general population; adults 18 years of age and older, with acceptable administration beginning at 13 years of age.

ABOUT WHOLISTIC HEALTH COACH TRAINING ©

The Wholistic Health Coach Program © is 75 - 90 hours, with virtual and online instruction, hands on practical application, and opportunities for in person instruction. It is designed to equip prospective and current health coaches with knowledge and experience that can be used to minister to the physical, mental, spiritual, and relational needs of the community.