

# SHINING THE LIGHT ON YOU

**About:** Shining the Light on You is a 15-week professional development program that focuses on the health and wellbeing of FCC professionals. During this virtual program, participants have the opportunity to discover more about wellness topics and receive support for their individual wellness goals **by participating in three activities:**

## Group health coaching

- Meet once per week for 15 weeks
- Learn about & discuss important wellness topics

## One-on-one health coaching

- Three sessions with a board certified health & wellness coach
- Receive support for setting & achieving goals

## Support group chats

- Small texting groups of three to five people
- Give and receive support for achieving goals



## BENEFITS OF PARTICIPATING

- Receive up to 18 QA hours
- Opportunity to work with a board certified health & wellness coach at no charge
- Receive Amazon gift cards for completing two program surveys

## TOPICS INCLUDE

Mindfulness  
Self-care  
Physical activity

Stress & sleep management  
Financial wellness  
Time management

Yoga  
Nutrition  
Mindful eating

**Questions? Please email: [shiningthelight@udel.edu](mailto:shiningthelight@udel.edu)**