



Diabetes Management

Living Well with Your Condition



TAKE CHARGE OF DIABETES.

A psychology-based training course that empowers participants to transform diabetes management by addressing their condition from the inside out.

Gain control over your diabetes (or pre-diabetes) and turn it from being a disruptive source of anxiety into a helpful guide - in just a few short weeks.

WHAT'S INSIDE

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A scientific solution from trusted behavior-change experts.



When diabetes is seen as a burden...

Thought patterns are created that result in resentment towards the things that need to be done to manage the disease. Fortunately you can replace those thoughts with new thoughts that rewire the brain to see diabetes in a new light, making it easier to manage your condition.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Retrain the brain** to work for you, rather than against you, by viewing diabetes as an opportunity rather than a threat,
- B. Consistently make choices that** empower you to live well while managing your condition.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.



We make it simple to participate and stay on course.

The course features highly engaging pre-recorded video instruction from a certified diabetes educator and one of the foremost behavioral change experts. The training sessions simulate a live coaching experience and are private, convenient, and effective.

Also included are the "Daily D's" - a library of over 80 useful tips and educational articles to help you successfully manage your condition.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support

"This program not only targets Diabetes, but also relationships, stress, and just feeling good about yourself. One thing I will take from this course is; diabetes doesn't control me, I control me. Thanks for all the sound advice and for the support." - Course Participant

Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview and Instructors

Session Listing

9

Sessions

3

Weeks

1

Hour
per week

Session 1. A Change of Perspective

Building the foundation for a better relationship with diabetes starts with a new outlook.

Session 2. Bend...

Sometimes life can get rough, but that's no excuse to break.

Session 3. What is your focus?

You are steering yourself toward an outcome, whether you know it or not. Find out how to head in the right direction.

Session 4. There Are Two Main Ways We Cope in Life

When we rely on one of them too much, we tend to become stuck.

Session 5. "All or Nothing"

And other faulty ways of thinking that can trip you up and send you into an emotional tailspin.

Session 6. Are You Ready for Your Close-Up?

Begin filming the movie of your life as you want it to be, scene by scene.

Session 7. There's More than One Way to Look at Everything

How you choose to see things in life is up to you.

Session 8. It's Time to Get Off of Autopilot

There are three sources of beliefs from the past that create knee-jerk reactions to situations in the present.

Session 9. What Does it Mean to be a Self-Leader?

There are eight characteristics. The more you practice them, the more you'll connect with yourself and others.

Course Instructors



Lou Ryan

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. Lou has helped thousands of people gain control over unhealthy eating habits and many other lifestyle issues so they can transition to a more calm, peaceful, and empowered life.



Janice Baker

is a Registered Dietitian and a Certified Diabetes Educator. Throughout the course, she provides participants with the knowledge they need to set themselves up to manage their diabetes successfully.

How Does LivingWell Make an Impact?

How big is the problem?



About 1 in 10 people have diabetes

Sadly, 20% of them do not even know it

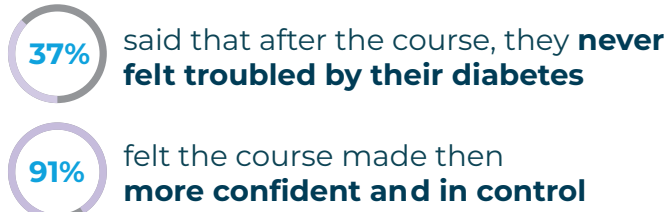
Why manage your condition?

The risk of early death for adults with diabetes is **60% higher** than for adults without diabetes.



The numbers tell a story of healthier outcomes

We wanted to know:

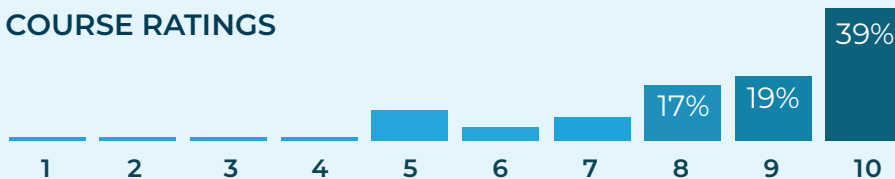


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their condition

the future

COURSE RATINGS



92% would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>