

Lara Lauzon

FITNESS WELLNESS LIFESTYLE



BIOGRAPHY

Dedicated and passionate about active living, Lara demonstrates a belief that healthy individuals help to make a healthy community. Lara is an Assistant Professor at the University of Victoria in the School of Exercise Science, Physical and Health Education and her research area includes Human Wellness and Personal Potential. Her Ph.D. research was in the area of Teacher Wellness. She is also a consultant specializing in Workplace Wellness, Women and Wellness and Leadership. She has worked for not-for-profit, municipal, provincial and private health and fitness agencies and co-produced and hosted an internationally syndicated health and fitness show called *Body Moves* for seven years. She has won numerous awards including a Faculty of Education Teaching Excellence Award, (2007), a Graduate Student Award (2000) for Teaching Excellence, the Victoria “Y” Women of Distinction Award (1997) for Fitness and Health, the B.C. Promotion Plus Leadership Award (1992) for promotion of girls and women in fitness and sport, a B.C. Paraplegic Association Award (1990) for the development, production and hosting of two fitness videos for persons with disabilities, and a Community Wellness Award (1990) for outstanding contribution to the field of community wellness. Recent publications include a university textbook titled *An Invitation to Health* published by Thomson Nelson and a chapter in a book called *Wise Women Speak: Changes Along the Path*.

You can contact Dr. Lara Lauzon at (250) 721-8378 or llauzon@uvic.ca or by accessing her website at: www.educ.uvic.ca/Faculty/llauzon

HEALTH & WELLNESS WORKSHOPS PRESENTED BY LAUZON CONSULTING

FOR THE WELLTH OF IT

Wellness is a special kind of lifestyle. It is something you shape for yourself. Wellness helps you reach your best possibilities for well being. This session looks at a number of current wellness models that incorporate Physical Activity, Nutrition, Stress Management, Environmental and Self-Responsibility dimensions. This session is valuable for anyone who finds themselves better at taking care of others than taking care of themselves.

TAKING RISKS AND COPING WITH CHANGE EDUCATOR

This session deals with personal and career change and outlines steps on how you can respond to change you initiate – or change you have little or no control over. A discussion of how risk taking and change is connected to personal lifestyle is also part of the workshop. Life is a balancing act between forces for and against change and personal wellness is affected by how you adapt to change. This session can help you evaluate or re-evaluate what changes might be needed in your life or what risks you are willing to take to “be well”.

REFRAMING YOUR ORGANIZATION – ARE YOU WORKING WELL?

Multi-frame thinking and decision making can help managers, administrators, supervisors, and leaders discover how they view their organization and take steps toward a strategic planning process for sifting options and solving problems when an organization is ready for change. This workshop is of value for anyone who has a vision or plan for renewal within their organization – a plan to help their organization, department or section to “work well”.

TEACHER WELLNESS

Findings from my Ph.D. research on Teacher Wellness is shared during this presentation. A teacher wellness model, metaphors of teacher wellness and senses of a well school will inspire any educator to begin the process of working toward personal and professional wellbeing. This session provides both heartfelt and practical suggestions on how to celebrate Teacher Wellness.

PEDOMETER 101 - LET'S GET STEPPING

Have you taken your 10,000 steps a day today? Research is showing that walking 10,000 steps a day can improve our health and enhance our well-being. This presentation will get you stepping with information about pedometers, how to calculate step counts and calories, and ideas about linking stepping to social change and fundraising for a purpose.

WOMEN AND WELLTH

Wellness can empower you from the inside out and help you achieve personal goals, dreams and visions. This session is about wellness and about women and how the two can go hand in hand. Women can have everything – but sometimes they can't have everything at one time. Learn how to plan for personal and professional wellness while fitting in family, friends, and future.

THE SPIRIT OF WELLNESS

True joy in life is feeling connected with everything around us. When we are well, inner synergy ignites the fire within – giving us the spirit of adventure to life. Self-transcendence or living for a purpose is an exciting part of the wellness connection. This session will explore the “spirit of wellness” and how we can best learn to live, to love and to leave a legacy.

WISE WOMEN SPEAK: CHANGES ALONG THE PATH

Have you ever found yourself thrown off the path you know only to discover you are now traveling down a new path, one that has uncharted territory? This session, based on a chapter I have written in a book for the Wise Women series, is about personal and professional challenges and the opportunity to reflect on the many changes along your path. In celebration of women, let's talk about growing wiser, pursuing dreams, and overcoming loss and fear.