**Larry Chapman Training Overview and Bio**

**Training description**

Most public sector employers have some wellness programming for their employees. But few know how to make even basic wellness programs produce more behavior change and other results. In this workshop session learn a proven approach that will greatly increase the effectiveness of your wellness efforts no matter if you are new to wellness or a seasoned veteran. Learn how to apply this approach to your own agency’s program and how to make your wellness efforts make a real difference in your employees’ lives. Also explore a number of complementary strategies that can turbo charge your wellness initiative.

**Learning objectives**

1. Participants will be able to describe the 3 basic models of wellness programming.
2. Participants will be able to list the wellness interventions available through the Washington State Health Care Authority.
3. Participants will be able to explain the Awareness, Motivation, Skill, and Opportunity (AMSO) construct and describe how it can be used to increase a wellness program’s results.
4. Participants will be able to identify at least 5 complementary programming strategies that help enhance the effects of the AMSO construct.

**Larry Chapman bio**

Larry S. Chapman, MPH, currently serves as President and CEO of the Chapman Institute. The Institute provides the WellCertsm Certification Program for Worksite Wellness practitioners. Larry has spent more than 35 years improving the health of employees and their family members and has developed more than a thousand (1,000) employee wellness programs. A past editor of a peer review journal and a journal section called The Art of Health Promotion, Larry is a nationally and internationally recognized expert on Worksite Wellness and Population Health Management.

