

HEAL(THY) SELF

WHAT STUDENTS AND STAFF ALIKE NEED TO KNOW IS ABOUT HEALTH, WHERE IT COMES FROM,
AND HOW TO MAINTAIN IT.

PRESENTERS

Krystal Burnett is a dynamic Admissions Counselor for the Doctor of Chiropractic Program at Life University. She is filled with passion for guiding students toward success. Prior to joining Life University, she dedicated 5 years of her life to shaping young minds as a teacher, educating students from 5th through 12th grade. Currently, she is focused on achieving her ICF certification for coaching and is studying Positive Psychology at Life University. Coming from Houston, Texas, Krystal made the bold move to Georgia in 2021 with her husband, who is pursuing his Doctor of Chiropractic at Life University. With her warm and personable approach, Krystal is committed to making a meaningful difference in the lives of those she serves.

Brandi Sharp is a highly motivated Admissions Counselor for the Undergraduate Programs at Life University. Driven by a passion for education and personal growth, Brandi is currently pursuing her Bachelor of Science degree in Biopsychology. With her unwavering dedication and focus, she inspires and guides students to unlock their full potential and achieve their academic and professional goals. Originally from Dallas, Texas, Brandi, and her husband made the decision to embark on a new chapter of their life in Georgia, for her husband to pursue a degree in the Doctor of Chiropractic program at Life University. Along with her enthusiasm and work ethic, Brandi brings a wealth of experience and expertise to her role, making her an asset to the Life University community.



Krystal Burnett



Brandi Sharp

OVERVIEW

The purpose of this presentation is to bring awareness to the stressors that are plaguing our educators, students, and society as a whole and to bring attention to a different approach for handling them. The information provided in this talk will urge the attendees to look beyond the way they “look or feel” to determine their health, but will investigate their level of function. The question of “Are you functioning at 100%?” will be a major topic of discussion. This presentation will bridge the gap between the stressors that are present in our everyday lives and what we can do about their impact to our level of functioning both inside and outside of the classroom. Attendees will walk away with a new angle to approach looking at their health and level of function and action steps they can apply to their own lives as well as their students. Additionally, this presentation will include an introduction to a vitalistic view of health, the chiropractic profession, and the scope of its reach in the realm of healthcare. The information provided will serve as a bridge to a new way of thinking about our own health by taking a deeper dive into the purpose of our nervous system and the impact it has on our overall health.

OBJECTIVES

The objective of this presentation is to offer a fresh perspective on what true health and wellness looks like. Krystal and Brandi aim to integrate Life University’s guiding principles of Serving Lasting Purpose and the Philosophy of Vitalism to positively influence the lives of educators. Their goal is to motivate educators to foster organic environments not only in the classrooms, but in their own personal lives.

- Attendees will walk away with:
 - New approach to viewing health (function rather than feelings)
 - Understanding the vitalistic principles and perspectives
 - Recognizing the impact of interferences to the nervous system
 - How to recognize origins of interferences and misalignments in personal lives and how to analyze level of functioning and showing up in the world.
 - A new career pathway to share with students
 - Rekindling of passion for the work they do and serving lasting purpose

PROPOSAL OUTLINE

- Presenters will provide an introduction of themselves (Krystal and Brandi), providing background stories, and setting up for presentation of health. Who are we? Who is Life University?
- Discuss stressors plaguing our educators, classrooms, students, and their impact on our everyday lives inside and outside the classroom.

- How those stressors impact us on a physiological level -mentally, physically, emotionally, spiritually. [Interferences & Vitalism]
- Recognizing whether or not we are operating at 100%
- The impact of stressors on our nervous system
 - Damage that goes unseen but leaves a lasting impact
 - Carrying burdens from classroom, personal lives, and how it shows up
- The impact of chiropractic on our nervous system
 - Turning on the nervous system with chiropractic
 - Increasing function and overall health
 - Lessening the impact of the stressors
- Vitalistic principles and a holistic approach
- Operating at 100%, Giving from abundance, and Serving Lasting Purpose
- Key Take-aways, Q&A, and Additional information about Life University

PROPOSAL BREAKDOWN

Overarching questions: What is Health?

- Describing what health is and is not.
- Functioning- Mentally, Emotionally, Spiritually, and Physically
- Showing up at 100% (functioning at 100%)
- Providing research that supports what health is.

Introducing Vitalism

Discussing Life University's Philosophy of Vitalism, and how that sets a rooted foundation in how we think about what health means, physically, mentally, emotionally, and spiritually.

Recognizing the inferences:

- Using the prior information to discuss interferences:
 - **In Classroom:** Within the classroom that can cause a student not to be successful. What are the problems that can arise in a classroom?
 - **In your Work place:** Name some Habits or Feelings that one might bring to/ have from the job to prevent them from not fully giving their all.
 - **In personal life:** What are some organizational structures or systems that were created within the home that might make it feel unorganized, and even dysfunctional? (Whether it be for yourself or even with your family.)
 - **Within yourself:** The title of this presentation is Heal(thy) Self. What are some past traumas, ideas, or things you might have happened to you or what you have done to others that is preventing you from being your best self? What are some things you haven't done?

How do we maintain Health?

Incorporating a collective of all the information Krystal and Brandi have previously discussed to create practical and relatable ways to maintain your health.

- Keeping Vitalism in Mind
- Referring to the Spinal Nerve Function Chart, discussing subluxation, and how chiropractic can be very essential when maintaining a healthy lifestyle.
- Going over the research of Chiropractic Care.

Teacher Take - Aways

Chiropractic Opportunities (Offices near you for students and staff to explore)

- Shadowing and learning opportunities for students
- Life Leadership Weekend Invite for students and staff
- Digital Take away - Wakelet Digital resource of links to take back to classroom
- Printed Poster - To hang in classroom of the nerve function chart
- Understand how the body works and incorporates a plan of action
 - Practicing Mindfulness
 - Reminder to slow down, collect yourself, align with your values
 - Understanding of where health comes from and the impact of stressors and how to be mindful of them.
 - Implementing the vitalistic Philosophy

Q&A Session, Additional Info on LIFE U