



# Strategic Wellness Systems

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*Promoting life balance through positive change*



*It is not how many times we fall which defines our character  
but it is with what grace and determination we stand back up.*

**Unknown**



*Friendship with oneself is all important, because without  
it one cannot be friends with anyone else in the world.*

**Eleanor Roosevelt**

#### **OUR PHILOSOPHY:**

Knowledge is power, and self-knowledge is empowerment. When you know yourself well – what drives and motivates you, what confuses and frustrates you – then you have the key to something amazing. You have access to the deep well of intelligence, emotion and resourcefulness that lies within us. Tapping into this pool of competencies allows you to face the challenges and dynamic changes in your life with grace, confidence and strength of character.

However, for many people, getting to this self-knowledge requires some support, through open-minded and non-judgmental discussion and personal training. It is our firm belief that most people hold the solutions to their personal challenges in their own minds and hearts, but they are often unable to access them. Periodically, we struggle to gain perspective on our circumstances; we sometimes also feel that we are alone, isolated and the only person to feel the way that we do.

The aim of Strategic Wellness Systems is to put the power of how you choose to behave back in your own hands: we offer education, counseling, coaching and training to prevent life challenges from becoming serious or life threatening issues. We show you how to find harmony in your life – with your spouse, children, friends and colleagues. We believe that people are entitled to a life of wellness and fulfillment, and we believe in the profound power of individuals to change their lives for the better. We believe in you.

**STRATEGIC WELLNESS SYSTEMS** is deeply committed to providing professional and confidential services in a caring, safe and non-threatening English-speaking environment. We work with individuals, couples, families, children, community organizations and business teams, and all are treated with dignity, respect and cultural sensitivity.

Though Strategic Wellness Systems was established by Jody J Ballard in Warsaw in 2005, Ms. Ballard – who is a U.S.-trained and Licensed Clinical Professional Counselor - has over 25 years of professional experience in assisting individuals to achieve emotional balance in their lives. She has a background that encompasses work in marriage and family counseling, domestic violence, drug and alcohol abuse recovery and wellness programs. Her background is rich and varied, allowing her to draw from a reserve of knowledge and experience. Her unwavering belief in people is her guiding principle, and she honors the uniqueness of an individual situation, while acknowledging common human desires: to be happy, healthy, fulfilled and empowered.

#### **COUNSELING**

- Individual
- Marriage Counseling
- Divorce Mediation
- Family Therapy
- Child and Adolescent Therapy
- Eating Disorders
- Anxiety
- Autism Spectrum Disorders
- Grief and Trauma Recovery (PTSD)
- Rape/Sexual Assault
- Drug and Alcohol Abuse Recovery

#### **COACHING**

- Relationship Enhancement
- Personal Wellness
- Parenting
- Smoking Cessation

#### **TRAINING**

- Understanding Adolescence
- Parenting After a Divorce
- Relational Enhancement: Partner, Children & Colleagues
- Fair Fighting
- Conflict Management & Conflict Resolution
- Stress Management
- Networking Skills
- Developing Positive Coping Strategies
- Assertiveness: Learning To Stand Up
- Balance Your Life Roles

#### **OTHER SERVICES**

- Community Programs
- Business Training
- School Training

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