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Sweet Eden by Sheron, USA

The wellness purpose connection™: Understanding how eating and exercise leads to happiness and purpose in life

People are getting sicker, holistically. Data indicates that about 80% of the population is not satisfied with their current employment situation. Specifically, gathered data reveals that mid-career professionals in the U.S., particularly women, report being dissatisfied with their jobs, mental exhaustion, stress, lack of joy, mild depression and physical ailments such as being overweight, diabetes, and high blood pressure. They also reported poor family relationships, low self-esteem, lack of confidence, limited time to do the things they enjoy and dissatisfaction with their income. In short, these professionals, despite earning middle class incomes, experience limited wellbeing. Individuals who have received wellness coaching, however, have transformed these conditions to improve their quality of life. Furthermore, those coached begin to pursue more fulfilling careers or enhance their current roles and increase implementation of spiritual practices. To understand this phenomenon, a grounded theory approach is being employed with the aim of discovering

how shifting one's mindset and behaviors in the areas of diet and exercise influences a transformation in their overall wellbeing. At the time of this submission, the grounded theory approach process is in progress. An understanding of this phenomenon can guide the work of health coaches when helping clients to improve their health and happiness. The understanding can also help individuals reduce their instances of negative stress, panic attacks, and situational depression while improving their quality of life and joy factor. Once the theories have emerged, the results will be used to refine the wellness coaching process, create tools to enhance wellness coaching and connect with professionals who are challenged with limited perspective to transform their quality of life. Ultimately, the way in which the health and wellness industry talks about diet needs to shift from food and weight loss to elevating and integrating thinking and feeling for sustained improved wellbeing.

Biography

Sheron Brown is the scholar practitioner and the founder of Sweet Eden, a wellness education company that works primarily with busy professionals to bring harmony between their personal and professional lives and improve their overall wellbeing. She reinvented her previous experiences in leadership development. She grew from helping leaders to solely focus on workplace performance to transforming their lives with a wholistic perspective. She has worked as an independent consultant and coach to school leadership teams using her experiences as a brain-based coach to help leaders transform. She holds a certificate for using the Insight Learning Foundation's personality assessment system, a Results Coaching System certificate, a certificate for integrative health coaching and is a trained yoga teacher. Furthermore, She holds her PhD in Professional Studies in Education from Capella University.

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