

TOTAL WELLNESS & EMPOWERMENT CLASS



Randolph Consulting Services

Bruce W. Randolph, MD, MPH
Corrections Health Officer
Administrator, Inmate Health Care Compliance



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EDUCATION & TRAINING

Tuskegee University (Undergraduate)



EDUCATION & TRAINING

Univ. of Florida (Medical School)



UAMS Ft. Smith (Family Medicine Residency)



Johns Hopkins School of Public Health (Public Health/General Preventive
Medicine Residency)



EDUCATION & TRAINING

University of Oklahoma Health Science Center

(Residency in Occupational & Environmental Medicine)



America Board of Preventive Medicine

(Board Certification in Occupational Medicine 1999)

(Maintenance of Certification in Occupational Medicine 2009)

WORK EXPERIENCE



Work Experience Summary

- Practiced medicine for **39 years** specializing in occupational health, preventive medicine, and total wellness.
- **Gospel Minister & Founder of Issa Ministries, Inc.**, a non-profit religious corporation which promotes *Total Wellness & Empowerment* through **education, counseling, mentoring, and evangelism**.
- Approach is the culmination of the **knowledge, skills, and expertise** gained over the **39 years of practicing medicine and ministering**.



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Website

[roms- totalwellness.com](http://roms-totalwellness.com)



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Based on the concepts and principles of:

- **Bruce W. Randolph, MD, MPH** (“Total Wellness” and “Empowerment”)
- **Drs. Nathan and Julia Hare** (“Bringing the Black Boy to Manhood”, Black Think Tank, 1985)
- **Kenneth Ginsburg, M.D., MS Ed, FAAP, and the American Academy of Pediatrics** (“Building Resilience in Children and Teens”, 3rd Ed., American Academy of Pediatrics).

GOAL

Change values, attitudes, and behavior which lead to:

Total Wellness

Resilience

Empowerment

Total Wellness

Well-being of:

Mind

Body

Spirit



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Resilience

The capacity to withstand, recover from, and overcome:

Adverse experiences

Difficulties

Challenges

Hardships

Failures

EMPOWERMENT

Process of :

- becoming stronger and more confident
- acting authoritatively, responsible, and self-determined
- overcoming a sense of powerlessness and lack of influence
- recognizing and using one's resources.
- having power and controlling one's life
- claiming one's rights

OBJECTIVE

Learn and practice the concepts and principles of:

“Total Wellness” (well-being of spirit, mind, and body)

“Empowerment” (intellectual transformation, social change, economic development, and political engagement)

“Resilience” (confidence, competence, connection, character, contribution, coping, and control).

FOCUS

Individuals

Families

Communities

Applicable to:

Children

Teens

Adults

Designed to be used in:

Homes

Schools

Churches

Community organizations

TOPICS

- ☐ Overview: Achieving Total Wellness & Empowerment
- ☐ Stress Management
- ☐ Body Movement
- ☐ Healthy Eating



TOPICS - continued

- ☐ Faith Enhancement & Spiritual Wellness
- ☐ “Soul Searching” & Self-Examination
- ☐ Developing a Plan for Your Life
- ☐ Presenting Your Family Tree and Telling Your Story



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TOPICS - continued:

- ☐ Major Health Problems & Preventive Measures
- ☐ Health Disparities
- ☐ Adverse Childhood Experiences (ACEs)
- ☐ Positive Childhood Experiences (PCEs)



TOPICS - continued

- ☐ Pathway to Empowerment
- ☐ Principles of Empowerment and Resilience
- ☐ Setting Achievable Goals
- ☐ Changing Behavior



Rules

No one shall **monopolize** the discussions. Only **one person speaks** at a time while others listen.

No one shall be **personally judged, belittled, or criticized** for their views and opinions.

Participants are encouraged to **ask questions, express concerns, and share their experiences.**

Themes of the discussions are **resilience, wellness, encouragement, self-examination, and empowerment.**

Rules - continued:

Participants are asked to look for and share examples of people overcoming **challenges, difficulties, injustices, and adverse experiences.**

The discussions strive to teach participants how to **move from being a victim to becoming a victor.**

The participants are expected to continue to discuss topics with their **“accountability partner”** as needed.

The class serves as a **support group.**



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