

WELLNESS AMBASSADOR STARTER GUIDE

A practical introduction to sharing wellness education, building community, and helping people take meaningful next steps.

Health Therapies Lifestyle

Building Healthier Lives, Stronger Families, and Lasting Legacies.

WELCOME

As a Wellness Ambassador, your role begins with people - listening, educating, encouraging and connecting. You do not need to know everything. Your strength comes from being trustworthy, compassionate, consistent and willing to learn.

This guide gives you a simple starting framework for representing Health Therapies Lifestyle with confidence and professionalism.

OUR WELLNESS PHILOSOPHY

We believe true transformation begins with **education, compassion, community, and hope**. Wellness is not one product, one appointment or one decision. It is a lifelong process shaped by everyday choices, supportive relationships, useful information and access to appropriate resources.

YOUR ROLE AS A WELLNESS AMBASSADOR

- **Educate.** Share clear, responsible wellness information and practical resources.
- **Listen.** Understand what matters to the individual before suggesting a next step.
- **Connect.** Introduce people to appropriate Health Therapies Lifestyle services, resources, events and wellness solutions.
- **Encourage.** Help people make sustainable lifestyle choices without pressure or judgment.
- **Build community.** Create conversations and gatherings where people feel welcomed, respected and supported.
- **Follow up.** Relationships grow through thoughtful, consistent communication.

WHAT AN AMBASSADOR DOES NOT DO

A Wellness Ambassador is not a physician and should not diagnose disease, prescribe treatment, promise a cure, tell someone to stop medication, or present educational wellness technology as a replacement for licensed medical care.

When a person has symptoms, a diagnosed condition, medication questions or an urgent health concern, encourage them to consult an appropriately qualified healthcare professional.

THE SIMPLE AMBASSADOR CONVERSATION

You do not need a complicated sales script. Start with a genuine conversation.

1. CONNECT

Begin naturally. Ask about the person, their family, their goals or what they would like to improve.

2. LISTEN

Let them speak. Listen for the outcome they want rather than immediately talking about products or services.

3. EDUCATE

Share one or two relevant ideas or resources. Keep the explanation understandable and avoid overwhelming them.

4. INVITE

Offer a clear next step: a resource, wellness consultation, community event, Family Legacy Support conversation, or further information.

5. FOLLOW UP

Reconnect. Ask what they thought, what questions they have and whether they would like help taking the next step.

FIVE QUESTIONS THAT OPEN GOOD CONVERSATIONS

- What would you most like to improve about your wellbeing right now?
- What have you already tried?
- What makes staying consistent difficult for you?
- Would you like some practical information you can look through in your own time?
- What would a healthier life look like for you six months from now?

YOUR HEALTH THERAPIES LIFESTYLE ECOSYSTEM

Wellness Education - practical resources that help people understand lifestyle, nutrition and lifelong wellbeing.

Bio Resonance & Frequency Wellness - educational wellness consultations designed to provide additional insights and support informed lifestyle conversations.

Family Legacy Support - practical family preparedness and legacy-support education, including services that may help families prepare for difficult future circumstances.

Community Events - opportunities to learn, connect and experience wellness education in a supportive setting.

AI Resource Centre - practical education to help individuals, families, seniors, students and small businesses understand and use artificial intelligence responsibly.

YOUR FIRST 7 DAYS

DAY 1	Read this guide and become familiar with the Health Therapies Lifestyle mission.
DAY 2	Review the 7 Foundations of Lifelong Wellness.
DAY 3	Complete the Wellness Self Assessment yourself.
DAY 4	Choose five people you genuinely want to reconnect with - no hard selling.
DAY 5	Have your first two wellness conversations and practice listening.
DAY 6	Share one useful Resource Library guide with someone who would benefit.
DAY 7	Review what you learned and identify the questions you need answered before your next week.

PROFESSIONAL STANDARDS

- Be accurate. If you do not know an answer, say so and find the correct information.
- Protect privacy. Treat personal wellness and family information with care.
- Never pressure. People should be free to consider information and make their own decisions.
- Avoid exaggerated health or income claims.
- Use approved Health Therapies Lifestyle language and current materials.
- Be dependable. Do what you say you will do and follow up when promised.
- Lead with service. A strong community is built through trust before transactions.

YOUR 30-SECOND INTRODUCTION

“I’m part of the Health Therapies Lifestyle community. We help individuals and families explore practical wellness education, family preparedness, emerging wellness technology and useful everyday resources. My role is really to listen, share information and help people find the next step that makes sense for them.”

YOUR STARTER CHECKLIST

- I understand the Health Therapies Lifestyle mission and wellness philosophy.
- I can explain my role without making medical claims.
- I have reviewed the core Resource Library materials.
- I know how to begin a wellness conversation by listening.
- I can explain the major parts of the Health Therapies Lifestyle ecosystem.
- I have identified people I can reconnect with naturally.
- I understand that trust, education and follow-up come before selling.
- I know where to go when I need additional training or support.

THE PATH AHEAD

Your first goal is not to become an expert overnight. It is to become a trusted guide who learns continuously, serves responsibly and helps strengthen the people and communities around you.

Start with one conversation. Help one person. Build one relationship at a time.

Health Therapies Lifestyle

Building Healthier Lives, Stronger Families, and Lasting Legacies.

Educational resource only. This guide does not provide medical, legal or financial advice.