



OCO Wellness Works Representatives

Christine Prevost of Corporate Services

Christine is a founding member of Wellness Works. She is OCO's Training Coordinator and is a certified Worksite Wellness Coordinator.



WW: Why is wellness important to you?

CP: The alternative to being well is being “unwell” and that’s unacceptable to me. Achieving wellness involves making deliberate choices to create the positive changes that I want to see in myself. No one can do that for me.

WW: Why did you join the Wellness Works committee?

CP: I’ve realized that the work that I do is connected in many ways to the wellness of the organization. There’s the obvious connection: occupational wellness – helping staff to develop the skills and competencies to perform optimally in their jobs; but my role as an AHA Training Center Coordinator has helped me to realize that I play an important part in helping people to consider their own choices. I could simply teach CPR/First Aid skills, and prepare staff to respond when a medical emergency occurs; or I could help educate about the self-care strategies that individuals could be practicing to prevent a life threatening event (such as a heart attack or stroke) from occurring in the first place.

WW: What areas of wellness are easy for you to work on?

CP: Emotional wellness is the easiest for me. I’ve always believed in what I call “finding the fun.” It’s always there – even in some of the worst situations; you just need to take the time to find it. That’s what allows us to laugh at funerals or croon like Bing Crosby into gooseneck lamps in the emergency room. When I first came to the agency, in 2002, I participated in the FiSH! Philosophy workshops, where we learned to “Choose Your Attitude.” How very simple: I can simply choose to have a good day! I can choose to be happy! Bad things still happen and things get stressful; but I choose to not let those things subtract from my positivity.

WW: What areas of wellness do you tend to neglect?

CP: Surprisingly, for someone in my position, social wellness is the area that I tend to neglect. As a trainer, I go out of my way to incorporate socialization and interaction into the workshops that I present. I don’t put that same level of effort into cultivating social relationships outside of work.