

“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.” - Desmond Tutu



All of us are born with a vision for our life, but sometimes that vision develops in pieces. There are certain chapters or seasons we must first bring into this world before we discover the next piece of the puzzle. That was the case for Dr. Michelle Robin, where four pieces finally completed her vision of elevating well-being in our community.

Your Wellness Connection

In 1992, Dr. Robin opened Robin Chiropractic Acupuncture Center in Kansas City. As it grew, she noticed many people were looking for a place that supported their whole-person wellness in addition to chiropractic and acupuncture. This led to her opening Your Wellness Connection in 2001, an integrative health center where people could receive whole-person care under one roof in a variety of ways from practitioners including chiropractic, acupuncture, functional medicine, massage, counseling, Reiki, and more. Today, this facility is recognized as a homebase for well-being in our community, where people from all over Kansas City come to nourish their spirit, mind, and body.

Small Changes Big Shifts®

With the growth at Your Wellness Connection, Dr. Robin realized something was missing - a simple framework that helped people understand their well-being, in addition to something that allowed practitioners to speak a common language about wellness. In 2013, she founded Small Changes Big Shifts, an organization that develops whole-person educational content around a simple framework called the Quadrants of Well-Being. Every program encompasses this framework, and has served large and small companies by helping their team members step into their best lives - at work and home. Today, the Quadrants of Well-Being has become the guiding foundation at Your Wellness Connection, the Wellness Consortium, and the Big Shifts Foundation.®



To see people come fully alive and live their best lives.

Wellness Consortium

After seeing how powerful it was to bring practitioners together at Your Wellness Connection, Dr. Robin launched the Wellness Consortium in 2014. This collaborative network of wellness practitioners and vendors would fill a multitude of needs for our community, such as helping like-minded practitioners and vendors to connect, build, and support each other. This group would also help meet the needs of residents looking to step into their best lives by finding practitioners and vendors in their own neighborhoods. Today, the Wellness Consortium consists of five groups, conveniently planted in different parts of Kansas City for easy access. Since launching this network, wellness practitioners and vendors have experienced a boost in referrals from each other and have found a new sense of belonging and shared purpose in our community.

Big Shifts Foundation®

In 2018, Dr. Robin began tuning in to the mental health crisis happening with kids, which inspired her to launch the Big Shifts Foundation, a non-profit organization to support ages 5 to 30 years old. The initial offering was a six-month wellness discovery program for ages 18 to 30 that included blood work, acupuncture treatments, chiropractic adjustments, mental health support, nutritional guidance, and six 21-day self-care virtual programs - all aimed at correcting deficiencies and helping them feel better. In turn, graduates from this program learn to build community and resilience to face today's challenges by learning when and what their bodies need to thrive. Today, the Big Shifts Foundation continues to evolve and develop resources to help kids step into their future with a bright spirit, mind, and body.

How to Get Involved in Each Piece



Your Wellness Connection

7410 Switzer Rd, Shawnee, KS 66203 | (913) 962-7408 | YourWellnessConnection.com

At Your Wellness Connection, we recognize that we are all on a journey, which is why we meet people wherever they are on the continuum of health. We believe anyone can achieve their personal level of wellness. We listen carefully to understand what challenges block clients from healing. These challenges can include back pain, neck pain, headaches, self-esteem issues, food allergies, depression, hormonal imbalances, unhealthy relationships, under/overactive thyroid, etc. We have a variety of practitioners listed on our website that cover all the Quadrants of Well-Being. The best part – they are all under one roof. Call us to book an appointment.



Small Changes Big Shifts®

hello@smallchangesbigshifts.com | SmallChangesBigShifts.com

Small Changes Big Shifts is a well-being organization focused on whole-person health. Our mission is simple: to see people come fully alive and live their best lives – at home, at work, and in the community. While striving to be healthy can feel daunting, we see that when broken down into small steps and nurtured along the way, people are able to create a sustainable lifetime of well-being. We ally with groups and organizations to help build happy, healthy, and productive teams. We also help leaders shine by creating a transparent layer between team members that opens the door to more kindness and connection in the organization. For more information about the Quadrants of Well-Being, or to learn about our programs and other empowering resources, send us an email or visit our website.



Kansas City Wellness Consortium

SmallChangesBigShifts.com/Wellness-Consortium

We're wellness providers and vendors in the Kansas City area passionate about whole-person health. Our group is diverse, made up of medical doctors, chiropractors, bodyworkers, acupuncturists, aromatherapists, chefs, counselors, physical therapists and trainers, yoga teachers, infrared sauna owners, local café owners, professional organizations, Feng Shui practitioners, business coaches, and many other different business support services including copywriting, image branding, website support, and social media strategists. While we all come from many different walks of life and years served in our industries, we help people see that all it takes to get moving in the right direction is taking the next step. Learn more about membership benefits by visiting our website. Our groups currently meet monthly across the Kansas City area: North Kansas City, South Overland Park, Shawnee, Lee's Summit, Leawood, and have recently added virtual options to expand our reach outside of Kansas City.



Big Shifts Foundation®

BigShifts.org

The original vision for our non-profit organization has grown and shaped into something much bigger than we ever imagined. We launched the foundation with our six-month wellness scholarship, but we continue to innovate new ways to introduce well-being earlier in life to kids as young as five. If you are interested in resources for youth, such as mini books, coming-soon kindness decks, and coming-soon healthy habit decks, visit SmallChangesBigShifts.com/Our-Programs to learn more. If you would like to learn more about our scholarship opportunity or would like to donate to our mission, please visit BigShifts.org.