



Book Release

Whole Person Associates

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Wellness Coaching for Lasting Lifestyle Change

By Michael Arloski, PhD, PCC

Whole Person Associates announces publication of *Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski, PhD, PCC. For the first time the principles of personal and professional life coaching are integrated with the tenets of wellness promotion. At last a resource is available as a guide to working with clients as a wellness coach – to help them find the motivation to achieve actual behavioral change in their lifestyle. *Wellness Coaching* guides life coaches to a new level, increasing their effectiveness by working with the client's belief systems, interpersonal relationships, and way of living. The wellness coach becomes an architect of a healthy lifestyle challenging those with whom they work to real growth.

Wellness Coaching begins with an orientation to the best theory of how people change their behavior. Arloski leads the reader to a perspective on the trend toward the individualization of wellness, and progresses to a seven-step model for lifestyle change. *Wellness Coaching* provides a knowledge base of theory and models as a platform for learning. Arloski says, "It's time to lift your pack; put on your walking shoes, roll up your sleeves, and begin your exploration of what wellness coaching is." Skill sets are laid out, learning steps are explained, and the how-to of touching the lives of clients is demystified.

The book also provides a guide to creating alliances with other professionals who can help grow the business of wellness coaching. It gives an overview of those now practicing successfully – contributing to the field. It guides both novice and seasoned wellness coaches as they help the world around them be well.

Wellness Coaching for Lasting Lifestyle Change

Written by: Michael Arloski, Ph.D., PCC

No. of pages: 238

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REVIEWS

Wellness Coaching At Its Best

Michael Arloski has produced a thorough coaching manual. This book is based upon a review of the wellness concept as pioneered by leading practitioners over the past 30 years, particularly Dr. John Travis and the National Wellness Institute. In "Wellness Coaching for Lasting Lifestyle Change," Arloski guides the reader who seeks to coach others. He employs a variety of effective techniques to organize a lot of information. Among the major themes that coaches are urged to master are wellness mapping, making connections and understanding core competencies. All three are thoroughly explained - and they do make sense.

A wide range of health-related practitioners will find solid ideas in this book for motivating clients (and themselves) to reach improved levels of performance both professionally and personally. While the focus is behavioral change, Arloski presents a solid groundwork in health education history, change theory and traditional methodologies. A central coaching idea continually reinforced is the mindset shift from prescribe and treat (or educate and implore) to advocate and inspire.

Among the key chapters are sections devoted to medical coaching (persons with health challenges), unique coaching issues in different kinds of settings (e.g., hospital versus corporate programming) and attending to the interpersonal dynamics within coaching (e.g., "calendarizing" and body/mind concerns).

Generous, easy-to-understand graphic illustrations and an extensive recommended reading list add to the value of "Wellness Coaching."

Donald Ardell, Ph.D. – Author of *High Level Wellness* and numerous other leading works in the wellness field. www.seekwellness.com

Wellness Coaching: The Missing Link

Dr. Arloski has published a long awaited book on the new attention given to health and wellness coaching....and he has been doing wellness coaching for 2 decades!!!! Long a proponent of the "coach approach" being the missing link in wellness education and lifestyle change, this book paves the way for real change that is lasting. Coaching helps desired change become sustainable over time and Dr. Arloski's book has tips, techniques, and strategies for using coaching with clients and organizations who want to live healthy and well!!!!

Dr. Patrick Williams CEO of WWW.lifecoachtraining.com author of *Becoming a Professional Life Coach: Lessons from the Institute for Life Coach Training*

"Dr. Michael Arloski's pioneering book, *Wellness Coaching for Lasting Lifestyle Change*, should be the seminal work in the field for years to come".

**Jim Strohecker, President, Co-founder, HealthWorld Online
Co-creator, Wellness Inventory Online**

"*Wellness Coaching for Lasting Lifestyle Change* is the perfect combination of a narrative style, science, personal experiences and graphs to illustrate key concepts. Our students have greatly benefited from Dr. Arloski's work."

Dr. John Spencer Ellis, CEO, Spencer Institute for Life Coaching

Inspiring Greatness

I am thrilled to be associated with the Coaching Profession and this book just adds to my excitement and momentum to inspire others to create the powerful life they deserve via coaching them to live a lifestyle of balance and wellness that lead to health, wealth and happiness!

Yvonne Bustamante "3 Degrees of Fitness" , San Clemente, CA

Mapping A Clear Path To Wellness

Michael Arloski's wonderful book on *Wellness Coaching* brings to the reader insight & clarity into wellness coaching as well as providing a step by step coaching process giving the reader a clear overview of all the elements that one needs to consider as part of the wellness or health coaching process and plan.

Starting with Maslow's hierarchy of needs and the development of wellness models, Arloski also addresses in detail the subtle but essential ingredients often overlooked that make for successful coaching. From the qualities needed to be a successful coach to his *Wellness Mapping 360_* approach including useful worksheets and tools, this book provides a highly skilled practitioners insights and process. I highly recommend it for any health professional wishing to improve their ability to support their patient or clients in changing behavior. I will be using this book in teaching *Wellness Coaching* to University students next year.

**Eva Migdal (B.App Sc (physiotherapy), M.Env.Sc, Dip Ed, Grad Dip(media),
Melbourne, Australia.**

Great help in setting up my coaching career

I am mid-way through the book, and I find it extremely useful in setting up the right tone in my upcoming coaching practice. Thanks a lot for coming up with this amazing resource.

S. Anthony, Toronto, Canada

Good For Therapists Working with College Students

As an Educational Psychologist and School Psychologist, I found portions of the book to be useful in my work as a Student Success Coach with college students with learning disabilities, ADHD, and NonVerbal Learning Disorders. I appreciated the positive focus of the book, as well as the paradigm shift away from "prescribe and treat" to self-discovery and self-advocacy, which is more developmentally appropriate for college students. I would hesitate to recommend this book for use with younger students. It is clearly geared toward adults, but portions can be modified for older adolescents.

This was a refreshing read because it dovetails nicely with the research in Humanistic and Positive Psychology. In particular, I found the tools in the appendix to be useful for the initial rapport-building and goal-setting sessions. My students have enjoyed the "Wellness Wheel" activity, which is a self-assessment tool for rating satisfaction in many areas of their lives (not just school or work). My only disappointment was that the materials in the appendix appeared to be scanned in and were too small to reproduce. (Ed. Note – this was corrected in the new 2nd Edition.)

Rebecca Branstetter, Educational and School Psychologist, San Francisco, California

A comprehensive work

This book is well worth every penny; a comprehensive look at Wellness from one of the leading authorities. I highly recommend this book for anyone who values wellness and wants to incorporate a healthy lifestyle into their lives. It is written in a user-friendly manner and really feels like you have a coach in your coner on every turn of the page.

Greg Giesen, Highlands Ranch, Colorado
Author, Ask Dr. Mac