

Real Balance

Global Wellness Services, LLC.

The Professional's Guide to using a Wellness Coach

Individualizing Wellness Through Coaching

What is Wellness Coaching?



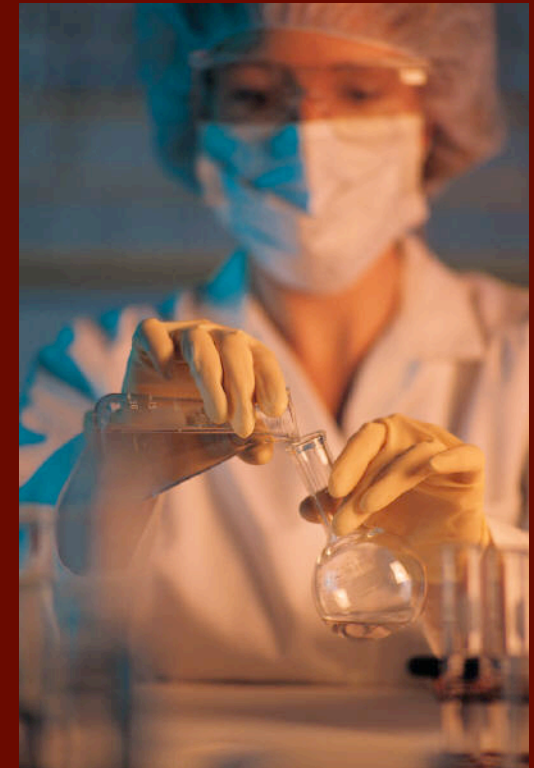
“Wellness Coaching is the application of the principals and processes of professional life coaching to the goals of life style improvement for higher levels of wellness.”

Wellness Coaching weds the best of coaching with the best of:

- The art and science of health promotion
- Lifestyle behavior change
- Personal Growth

Who Uses Wellness Coaches?

- Physicians and Hospitals
- Employee Assistance Programs
- Corporate Wellness Programs
- Wellness Establishments
- Individuals seeking greater health
- Individuals with health challenges



What We Know about Life Style Improvement

- That some research indicates that over half of what determines our health is our lifestyle choices.

That motivation is even more important than information.

That medications and treatment programs work best when patients follow the programs of diet, exercise, stress management, etc. that their healthcare provider recommends.

- That many behavioral medicine and wellness programs struggle with helping patients change their lifestyle behaviors
- That wellness coaching is different because it focuses on the on-going coaching relationship and uses powerful coaching methodology to insure change.
- Change happens when people are ready for it, and lasts when the process is followed entirely.

What Happens in Wellness Coaching?

- A professionally trained coach creates an alliance with the client to help them achieve lasting lifestyle behavioral change.
- The coach uses powerful professional methodology developed to specifically help people to change.
- The coach guides their client in taking stock of their current level of wellness and works with them in setting the focus areas they will benefit most from improving.
- Wellness coaching may focus on helping the client to follow the “Lifestyle Prescription” that they have been advised to follow by their healthcare provider. There is greater compliance with greater alliance.
- The coach creates agreements with the client to forward the action in areas the client has chosen to work on.
- Wellness coaching provides a combination of support and accountability insuring that clients will really do what they say they will do to improve their lifestyles.



Facts & Features



- ❖ Wellness coaches are experts in Lifestyle Change
- ❖ Wellness Coaches can be used to support individual health from preventing the onset of problems to Adapting to a health challenge.
- ❖ Wellness Coaching can be designed to meet the needs and the budget of any organization.
- ❖ Wellness Coaching utilizes “readiness for change” data to move an individual from their vision of health to the practical application of health principals.
- ❖ Wellness Coaching Increases utilization of existing Wellness Programming



What Happens in Wellness Coaching?

The coaching experience is much like climbing a mountain with an experienced guide. Mountain Guides do not climb mountains for people, they enable people to climb to new heights in places they may have never been before. The guide is an ally, a supporter, a source of feedback and a motivator who holds a person accountable to the task taken on. Together, they attain the summit and experience increased health



Wellness Coaches are Medical Allies

- A Wellness Coach Does not prescribe or provide any form of treatment.
- The Wellness Coach is a behavioral change expert who is there to help your patients achieve the lifestyle improvements they want and that you want to see them make.



A Wellness Coach Supports the Physician



..... By assisting the client in filling the lifestyle prescription ordered by the Doctor.

..... By supporting medical compliance.

Ways to use a Wellness Coach

Prevention: When a Health Risk Assessment or just life tells a person that a change is needed, a Wellness Coach can assist that person as they make the lifestyle changes needed to prevent a potential Health Challenge.

- Weight Loss
- Nutritional changes
- Increased Activity
- Life Balance
- Stress Reduction and Coping



Onset -Diagnosis Of a Health Challenge



When a person learns that they have a health challenge they may be frightened and full of conflicting thoughts and feelings. Though this is very natural it can also get in the way of a persons readiness to make the lifestyle changes needed to positively adapt.

A Wellness Coach can be the ally needed at times like these. The Wellness Coach supports filling the Life Style Prescription ordered by the Doctor and positive forward movement.

Adapting to Health Challenges and Changes

Often, the sooner a person adapts to their health challenge the healthier they are. Part of the equation is education & guidance & part of adapting is attitude. A Wellness Coach can help a person with the behavior changes & lifestyle improvements needed related to:

- Diabetes
- Heart Issues
- Cancer
- Mobility Issues
- Aging
- Stress related disorders



Changes in Health & Wellness

"I think we are on the verge of a major paradigm shift in promoting health and wellness driven by coaching. Coaching provides a positive connection--a supportive relationship--between the coach and the person who wants to make a change. That connection empowers the person being coached to recognize and draw on his or her own innate ability and resources to make lasting changes for better health and well-being." - Anne Helmke for the National Wellness Institute

ICF Credentialing...



Your assurance of quality coaching.

The International Coach Federation is the professional association of personal and business coaches that seeks to preserve the integrity of coaching around the globe. **With** more than 9,000 members worldwide, as of January 2006 - A visit to this ICF website will give you more information about the importance of ICF professional credentialing.

www.coachfederation.org

The Health Difference

- Assure that your Wellness Coach has been specifically trained in the Health & Wellness aspects of the field.

Real Balance GWS

Provides premier wellness coaching services using only the highest quality certified professional coaches.



Contact Us



Real Balance G.W.S. LLC.

Committed to Quality Wellness Coaching

www.RealBalance.com

970.568.4700

wellness@realbalance.com for general information

Deborah@realbalance.com to arrange training,
speaking, or coaching