

### ***Case Example 1***

In *Wellness Coaching for Lasting Lifestyle Change*, in chapter 10, you will find the story and case study of Ken Black. Here is an example of what a completed Wellness Map might look like for a client who is facing a health challenge. In this example we talk about the experience of a man in his mid-fifties who has undergone successful heart surgery for mitral valve repair.

**Client Description:** 56 year old male whom we will call Ken Black. He is remarried, with children and stepchildren who are grown and on their own, but remain nearby the small town he lives in. His wife is very supportive and understanding. Ken is a college biology professor who successfully underwent Mitral valve repair surgery four months ago. This open-heart procedure was preceded by an experience with congestive heart failure where his lungs were filling with fluid, threatening his life. Ken was in very good health before the surgery and exercised regularly then and enjoyed hiking and many outdoor activities.

Thirty-six sessions of cardiac rehabilitation (CR) were very beneficial for Ken. He completed this program recently and has been having a hard time maintaining the progress and regularity he achieved physically while attending the CR session three times a week. Ken is also finding that returning to work is not as easy as he thought it would be. The new school year brought its usual stress and accelerated pace which he was not ready for.

Ken is looking to coaching for help in adjusting to his full-time work, and to balance that with an adequate program of healthy self-care that will help him with his recovery.

This case study is intended to demonstrate how to use the Wellness Mapping 360 Focus Tool and how to take a client through the exploration and mapping steps of the model.

### **Case Example 2**

Coaching with a client who has always been reluctant to do any self-care.

This case study portrays a client who faces a serious health challenge yet struggles with making needed lifestyle changes.

#### **A Reason To Be**

“Bill” is a 59-year-old man who works as a personnel manager for a medium-sized company. Last year he experienced triple-by-pass heart surgery. He has made a good recovery overall, but progress has been slow in the last few months. His physician wants him to exercise regularly, but despite a variety of efforts, his exercise pattern is inconsistent enough to be of minimal value. Despite “knowing” how important the exercise is for him, he still struggles with it. He participated sporadically in the hospital’s out-patient cardiac rehabilitation program, but has not continued with that for at least three months now.

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Bill grew up the eldest of three in a modest, but comfortable, middle-class family. His small-town upbringing was fairly positive and he enjoyed school and was very active and successful in sports.

Bill did well in college majoring in liberal arts. A renaissance man, of sorts, Bill found a wide variety of subjects fascinating and to this day can talk with most anyone about any topic. In college he only participated in intramural sports in his freshman year and then, other than an occasional game of tennis or golf, became fairly sedentary. Bill gained about twenty pounds after his first divorce. He continued to add about five to ten pounds a year, and became less and less active. Before the heart surgery he was about forty to fifty pounds overweight. He would become short of breath climbing just one flight of stairs and found that he needed lots of extra time when he would have to walk through an airport while traveling.

Bill describes himself as a “man of creature comforts” and laughs about how he enjoys indulgences in rich foods, and plush and relaxing furnishings. He eventually admits that he has tried and failed many times at diet and exercise programs. Nothing seems to stick.

Though he attempts to make light of it at first, the heart surgery was a real “wake-up call.” It alarmed him very much and he is motivated by wanting to be around for his children and someday, grandchildren.

He hopes that working with a wellness coach will help him be successful in complying with his physician’s “lifestyle prescription” of a more active lifestyle and the attainment of a healthier weight.

(Note: this is a fictitious case, though typical of wellness coaching clients)

**Thoughts to Ponder**

1. What are some of your personal reactions to “Bill”? Does he bring up any of your own issues, prejudices, or judgments? Does he remind you of anyone you know?
2. Remember to approach this case from the COACHING MIND-SET, not the “Prescribe and Treat” mind-set.
3. Describe the nature of Bill’s motivation to change, and his readiness that you can determine just from reading this.
4. What do you think might be some things a coach might do that would turn Bill off and perhaps cause him to not follow through with coaching?
5. What are some areas you would want to explore more and find out information about how Bill sees his situation, how he feels about it?
6. What are some “experiments” you might suggest or pursue with Bill?
7. What are some limits, cautions, or concerns you might have when dealing with a post-cardiac surgery patient? What role should coaching limit itself to?