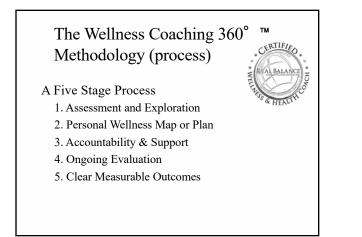


2



# Accountability & Support

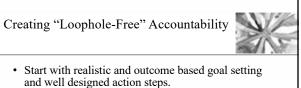
- Supporting your client <u>through</u> the behavioral change process
- Creating "loopholes-free" accountability to help your client hold themselves accountable to themselves!
- Coaching For Connectedness
- 4

6

#### Accountability



- The client is NOT accountable to you, the coach
- They are accountable to themselves
- Create AGREEMENTS not expectations!
- Ask "Do you want some accountability around that?"
  Accountability hinges on follow-up - asking at the next session is critical.



- Let the client create the accountability agreement provide only options that keep the responsibility on the client.
- Educate: indicate options you are willing to offer that clients find helpful.
- Challenge either weak or excessive accountability goals.

3

#### Coaching When The Client Does Not Meet Their Goal.

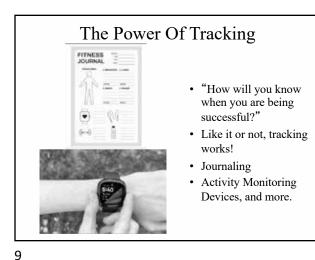
- Sometimes life <u>does</u> happen. No shame.
- Be empathic but don't collude.
- It's not about the coach being disappointed.
- Keep responsibility on client: "How did you allow that to get in the way?"
- Reset, re-commit, or shift

7





8



#### Tracking Behavior – Self-Monitoring for Success!



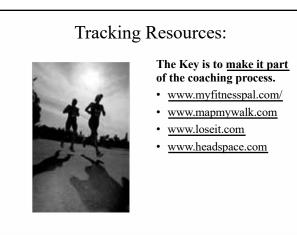
- 1. The best tracking method is the one your client WILL use!
- 2. The simple Wall Calendar
- 3. Real Balance Weekly Tracker & Review Form
- 4. Meal Planning & Recording
- 5. Tracking devices
- 6. Online Tracking Systems & Apps for phones, etc.

10

## Tracking Apps & Websites: Hundreds for the tech-savvy client.

- Easy Calorie Counting
- Nutritional Content for groceries and restaurant meal
- Workout Tracking
- GPS mapping makes it fun
- Intrinsic Motivation for some.





#### Support



- Coach Support: being the ally the heart and soul of the wellness coaching process
- Help client develop <u>other</u> sources of support beyond the coaching
- Continually, but genuinely acknowledge!
- Strategize, challenge, get creative, have FUN!

13

#### Support Through Connectedness



- It's the difference between:
- <u>I</u>llness
- And
- <u>We</u>llness

14

## Connected - Six Ways

- Self
- Nature & your environment
- Family
- Social
- Spiritual
- Work
- Use the Real Balance Connectedness Scale

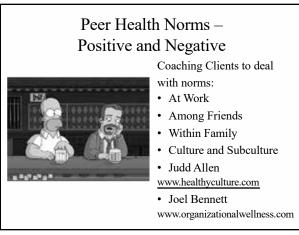
15

### Coaching For Connectedness

- Environmental Support Help your client to get their environment working for healthy lifestyle change, not against it.
- Gathering Support A <u>conscious</u> process
- Coach clients through self-defeating ways of not reaching for the help they need.



16



#### Coaching For Connectedness

- <u>Perhaps the single most important work we</u> <u>can do with our clients!</u>
- Isolation and loneliness is a MAJOR HEALTH RISK!
- Coach with the **Connectedness Scale** and explore all the different aspects of connectedness.
- Help your client to CREATE COMMUNITY in many different ways.

#### Peer Health Norms & Connectedness

- Friends keep friends healthy...and the opposite is true too!
- Can the client:
  - Bring friends along?
  - Keep old friends, but add new ones?

  - Find new friends/connections instead?

