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Wellness & Health Coaching Training 

Class 11

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The Wellness Coaching 360°™
Methodology (process)



A Five Stage Process


1. Assessment and Exploration
2. Personal Wellness Map or Plan
3. Accountability & Support
4. Ongoing Evaluation
5. Clear Measurable Outcomes

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Accountability & Support


- Supporting your client through the behavioral change process
- Creating “loopholes-free” accountability to help your client hold themselves accountable to themselves!
- Coaching For Connectedness

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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.

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Creating “Loophole-Free” Accountability 

- Start with realistic and outcome based goal setting and well designed action steps.
- 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.

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Coaching When The Client Does Not Meet Their Goal.

- Sometimes life does 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



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Accountability & Support Demo



Watch the video in the Real Balance Coach Center



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The Power Of Tracking



- "How will you know when you are being successful?"
- Like it or not, tracking works!
- Journaling
- Activity Monitoring Devices, and more.

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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.

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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.**



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Tracking Resources:




The Key is to make it part of the coaching process.

- www.myfitnesspal.com/
- www.mapmywalk.com
- www.loseit.com
- www.headspace.com

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Support



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

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Support Through Connectedness




- It's the difference between:
- Illness
- And
- Wellness

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Connected - Six Ways

- Self
- Nature & your environment
- Family
- Social
- Spiritual
- Work



Use the Real Balance **Connectedness Scale**

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Coaching For Connectedness

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




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Coaching For Connectedness

- Perhaps the single most important work we can do with our clients!
- 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.

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Peer Health Norms – Positive and Negative



Coaching Clients to deal with norms:

- At Work
- Among Friends
- Within Family
- Culture and Subculture
- Judd Allen
www.healthyculture.com
- Joel Bennett
www.organizationalwellness.com

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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?

