




Wellness & Health Coaching Training 

Class 12





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The Wellness Coaching 360°™ 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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4. Ongoing Evaluation



How do we know where we are at on the map?
Evaluate throughout the coaching process.

- Ask what your client is noticing
- What has been their experience with coaching so far?

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4. Ongoing Evaluation



1. Are we getting the results we want?
2. Measure what you have set up before, biometrics, etc.
3. FEEDBACK is vital to MOTIVATION.
4. Re-adjust the course.
5. Evaluate the coaching process and the coaching relationship.

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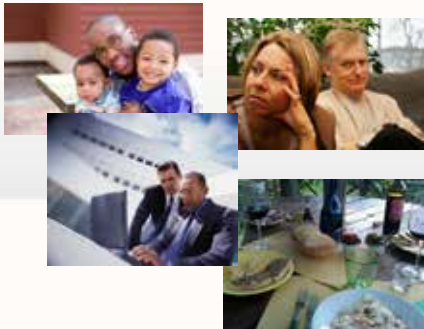
How Are Others Responding To Your Client's Changes In Behavior?



- Sometimes support, sometimes “push-back”
- We “train” others in how to treat us.
- Helping our clients to “re-train” others to get support for change.

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Barriers To Change Are Both The External And The Internal



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INTERNAL BARRIERS

Well I know it wasn't you who held me down
Heaven knows it wasn't you who set me free
So often times it happens that we live our lives in chains
And we never even know we have the key.
(Already Gone – The Eagles)

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Coaching Through The Internal Barriers To Change

- Belief Systems
- Self-esteem and Self-worth
- Self-doubt around Self-efficacy
- Fearful misperceptions
- Negative Self-talk
- Irrational Beliefs

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Dealing with Negative Self-Talk
The Five R Process for Gremlin Fighting



1. Recognize
2. Refute
3. Remove
4. Regain
5. Return

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Vulnerable To The Inner-Critic:

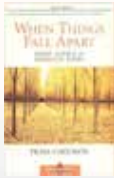
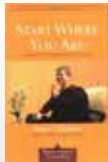
- Hungry
- Angry
- Lonely
- Tired
- Also when ill, and more...



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Self-Compassion

- Pema Chodron
- Kristin Neff
- <http://self-compassion.org>
 - Self-Compassion Scales are available for free use
 - Ted Talk on website



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Kristin Neff – Three Components of Self-Compassion



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External Barriers To Change



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Coaching Through The External Barriers To Change

- Changes in environmental demands
- Criticism instead of support at home, at work, with friends.
- Peer Health Norms
- Affect upon interpersonal dynamics in relationships.

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Ten Ways To Coach Through The External Barriers To Change

1. Use a strengths-based, positive psychology approach.
2. Explore the feelings behind the challenge.
3. Employ strategic thinking.
4. Don't "jump to solution", use readiness for change theory.



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Ten Ways To Coach Through The External Barriers To Change

- 5. Co-create a plan with an “experimental” attitude.
- 6. Link action steps with motivation to be well.
- 7. Congruent, but not necessarily comfortable.

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Ten Ways To Coach Through The External Barriers To Change

- 8. Help your client succeed by helping them be accountable to themselves.
- 9. Coach For Connectedness.
- 10. Celebrate success.



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