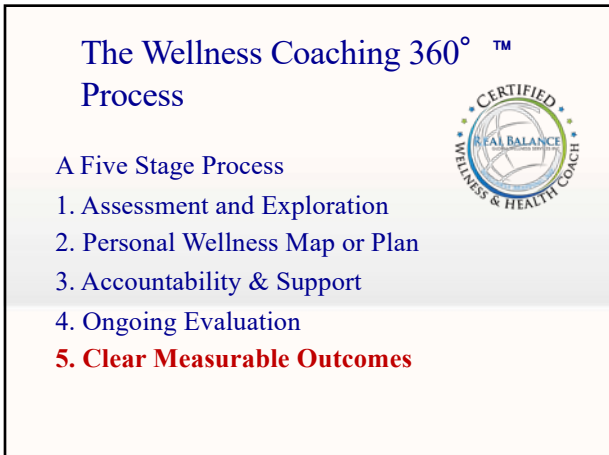


1



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3

5. Clear Measurable Outcomes For Whom?

- For the client
 - So they know where they are on the map.
- For the coach
 - Evaluation for improvement.
- For “Third Parties”
 - HIPPA-compliant information for programming and to justify funding wellness coaching programs.
 - Absenteeism, Presenteeism, Productivity
 - Affects on corporate or personal costs
 - Health Risk reduction

4

Different Kinds of Outcomes

- Progress with goals
 - “How would you evaluate your progress with your goals?”
- Experience
 - “What was your experience with coaching?”
- Movement in Stage of Change
 - Discuss with your client where they started and where they are now.
- Learning and Awareness
 - “What did you learn about yourself through this experience?”

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What To Evaluate?



- Actual behavioral change
- Self-perceived changes
- Experience with coaching
- Client satisfaction
- Unexpected outcomes
- Knowledge, skills and abilities

6

Putting It All Together!



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Putting It All Together

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

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The Wellness 360 Methodology - Reassemble in the right order

*Redirect Wellness Efforts
To New Areas or Graduate*

Co-Create a Map or Plan
Coach Connects with Client

*Stay on Course - Deal with Reactions
To Change*
Build in Support & Accountability


Clear Measurable Outcomes
Exploration & Assessment

COACH GETS CENTERED

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Putting It All Together

1. Take inventory of your health and wellness.
2. Create a motivating vision of living the healthy well life.
3. Ask “What has to change about my current life for me to attain my well life vision?”
4. The answers help create the Wellness Plan.
5. Develop support and accountability to implement the Wellness Plan.

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Putting It All Together

6. Work through the internal and external barriers to your plan.
7. Track your progress.
8. Build the support and connectedness to make the changes last.
9. Keep revising the course of your journey and relying on the support of your allies.
10. Celebrate your success!

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