




Wellness & Health Coaching Training 

Class 14




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Efficient Coaching

- Use interruption to clarify client's intention or relevance of topic
- Use session structure effectively
- Use a Prep Form
- Name the time at the session midway point to ensure the client is on track with their intended focus and/or with five or 10 minutes left in the session in order to recap and guide the client towards identification of next steps.

2

Our "habits" run on an interconnected network of up to One Trillion neurons. Neurons that fire together "wire" together.



3

Our strongest lifestyle habits are like four-lane highways that we drive all the time.



- All behaviors are well-established conditioned responses
- It can take up to 3 months of consistent behavior change to create a new neural pathway

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Establishing new lifestyle habits is like creating a new trail through the jungle!



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Emotional Engagement

- Coach to and address client's "Big WHY" - their values and their vision and their desire for how they want to be living their lives
- Trusting relationships
- This supports the learning process by promoting the generation of new neural pathways

"When someone is emotionally engaged, there is a release of neurotransmitters like dopamine and acetylcholine. In biological research you can see that neurons that are resting in a solution, such as dopamine, acetylcholine... start to generate new synapses much more rapidly" (Amanda Blake)

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The Power of Habit —Powerful Wellness Coaching Tools & Methods

- Don't rely on "will power" alone
- It's not just about "strength of character"
- Don't "beat up" and "give up".
- Awareness - catching yourself
- Celebrating "the catch"
- Self-compassion
- Develop strategies for repetition



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Powerful Wellness Coaching Tools & Methods

- Coach for greater Self-Care and Self-Permission
- How - not Why - the person holds themselves back?
- Self-Permission/Self-Denial Inventory tool
- Encourage experimentation

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Use "Structures" To Remind About New Behaviors.



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Stress Management



- Most clients will want to include this area in their Wellness Plan!
- Behavior change creates stress
- Stress coaching is not just about solutions
- Help your client explore how they deal with stress

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Stress & Wellness Coaching



- Yin/Yang Balance!
- A balance between the doing and the being
- Are the active items in the Wellness Plan balanced off by more restorative items?

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Cognitive Strategies for Stress Reduction



- Recognize that you are feeling stressed
- Notice the way you respond to stress
 - Thoughts
 - Feelings
 - Actions
- Explore ways you can respond effectively and safely

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Stress & Wellness Coaching



- Coach the whole person - body, mind, and spirit
- Stress management is only partly cognitive.
- Advocate relaxation approaches and more rest, sleep and self-care as part of wellness plan.

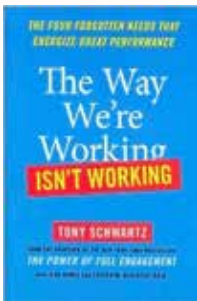
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Quieting And Centering Practices With Multiple Health Benefits.



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Lack of Recovery Is The Problem



- We are built to deal with stress if — we have **Sufficient Volume and Intensity of Recovery.**
- Make STRESS RECOVERY part of the Wellness Plan
- Handling stress well builds resiliency.
- Managing Energy, not time, may be key.

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Adequate Recovery Is Part of The Solution



- Relaxation Training Recordings
- Breathing Practices
- Biofeedback
- MBSR – Mindfulness Based Stress Reduction
- Contemplative Prayer (in whatever faith)
- Yoga, Tai Chi, Xi Gung, Meditational Practices

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Stress Webinar Series and Blog Post

Free Monthly webinars found in the Wellness Resources Section:
<https://realbalance.com/wellness-resources>

11/16/18 - Stress! Recovery & Resilience: How the Wellness Coach Can Help - Part 1
The Psychophysiology of Stress – What The Wellness Coach Needs To Know.

1/19/19 - Stress! Recovery & Resilience: Recovery - Part 2

2/15/19 - Stress, Recovery & Resilience: Building Resilience - Part 3

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When a person finally accepts primary responsibility for their own health (regardless of what has befallen them), everything changes, everything. Doors that were closed, open, and clouds almost literally disperse to let more sunshine in. A totally socked-in fog lifts and the horizon can be viewed. Life again, becomes about possibilities! Michael Arloski



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Fishbowl Coaching