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Wellness & Health Coaching Training 

Class 16

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Copyright Real Balance GWS 2018

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Coaching People With Health Challenges

- Heart Disease
- Diabetes
- Cancer
- COPD
- Arthritis
- Obesity and other issues



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### Your Role As A Coach

- Coach As Behavioral Change Expert
- You don't have to have a treatment level of knowledge to help someone succeed at lifestyle improvement.




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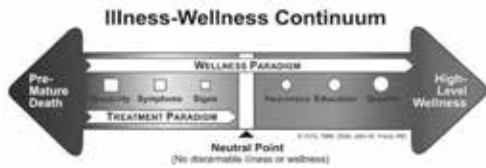
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### How Can Health Promotion Wellness Coaching & Lifestyle Medicine Cover The Whole Continuum?




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### Assessing Motivation For Lifestyle Change



1. How recent was onset?
2. How fear-based is motivation?
3. Doing it for self or others?
4. Explore how they attribute the cause of their health challenge.
5. How strongly do they believe that improving their lifestyle will help? (self-efficacy)

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## Coach To Help Self-advocacy

Coach your client to:

- Make the best use of appointments.
- Share tracking data with their medical team.
- Explore all alternatives.
- Be extremely clear on medical instructions.
- Know they have choice about their care.



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## Understanding Readiness For Change In The Health Challenged Client



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## A Major Health Challenge Hits...



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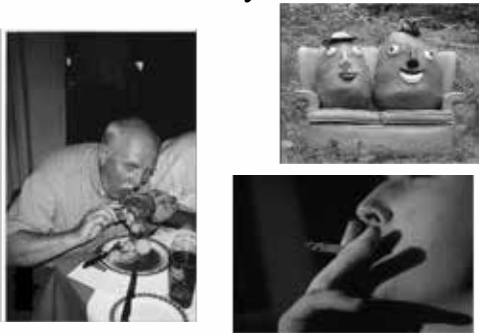
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Yet We See No Change  
In Lifestyle Behavior.



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A Loss Of Health  
Is A Loss To Be Grieved.



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The Intersection of  
Kubler-Ross, Prochaska & Maslow



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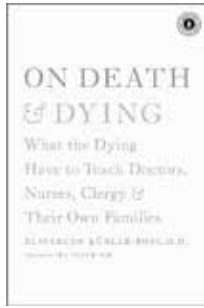
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### Kubler Ross - Stages of Grief



- Denial - Shock - Minimization
- Anger
- Bargaining
- Depression
- Acceptance

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### Stages of Change



- Adoption/Termination
- Maintenance
- Action
- Preparation
- Contemplation
- Pre-contemplation

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### Abraham Maslow's Hierarchy of Needs



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## Change? Are You Kidding Me?

I'm a GRIEVING,  
PRE-CONTEMPLATIVE,  
SURVIVALIST RIGHT NOW!



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## Coach Your Client UP Through The Hierarchy Of Needs!



- Start at the "bottom"
- Discuss Survival needs
  - Then Safety Needs.
  - Then help them get Social Support.
  - Help identify strengths
  - This leads, finally to increased Self-esteem and Self-efficacy.

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## Ten Ways To Coach

Through Astonishing Non-compliance

1. Meet them with compassion and empathy, not judgment.
2. Acknowledge and explore their experience.
3. Don't push, stay neutral in your own agenda, and explore more.
4. Be their ally.
5. Address survival issues first.

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### Ten Ways To Coach

Through Astonishing Non-compliance

- 6. Help them process the loss.
- 7. Help them form a plan.
- 8. Coach for connectedness.
- 9. Build self-esteem.
  - Mastery experiences.
  - Creative self-expression
- 10. Nothing succeeds like success!
  - Acknowledge even the smallest successes.
  - Celebrate success!

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### The Facilitative Conditions of Coaching



- Be patient
- Be empathic
- Be accepting
- Be real
- Adding up to “Coaching Presence”

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### Working Through The Emotions With Onset Of A Health Challenge May Be Traumatic.



- Encourage your client to talk, talk and process.
- Gather the support they need.
- Explore what other services are available for support.
- Discover and make use of other resources and guides.
- Help them distinguish reputable resources and information from false and unreliable ones.

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**Thrive! Don't Just Survive!**



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**Coaching On The Comeback Trail  
The "Three R's"**

- **Recovery**
- **Rehabilitation**
- **Reclaiming**



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**Where Coaching Helps,  
Even In Recovery**

- Processing the experience
- Recovery can be overwhelming – meet them with compassion
- Building/using support system
- Finding needed resources
- Help with New behaviors to adopt

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### Medical Compliance/Adherence

#### Includes

- Medications
- Self-testing
- Medical Self-care
- Follow up appointments and testing
- Practicing Physical Therapy, Rehab and breathing Exercises
- Dietary Recommendations, Activity, Sleep Changes




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### Barriers To Medical Compliance



- Establishing a new behavior/habit
- Fear of side effects
- Costs
- Inadequate instructions/education
- Difficulty organizing/planning
- Family dynamics
- Cultural/religious beliefs
- Logistical/strategic

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### Coaching Medical Compliance/Adherence

- Remember
  - Alarms/Reminders
  - Associative Reminders – take meds when you brush teeth
- Record
  - Tracking methods. Use what works. Calendars, notebooks, APPS on phones, etc.
- Report
  - Coaching Accountability Agreements

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### Coaching Through And "After" Rehabilitation



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### Coaching Rehab & Post-Rehab



- Self-advocacy to get rehab Rx' d
- Compliance with rehab program
- Critical continuance of workouts, etc.

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### Coaching Through The Re-integration Of Work, Family And Self-care

- Work/Life Balance takes on a whole new meaning!
- Exercise and rest can no longer be "put off"
- Returning to work
  - Support
  - Non-support



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## Reclaiming Your Life



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## Are You Reclaiming All You Can?



- 0.....50% -> .....80%...(loss)100%
- Perhaps "new normal" is less than 100%
- **What if only 50% is reclaimed and 80% was possible?**

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## Set "Milestones" For Reclaiming

(Use the Milestones Reclaiming Tool)



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## Reclaiming The Heart Of Your Life!

- Coach your client to help them grieve whatever they have indeed lost.
- Work with motivation, self-confidence, “gremlin talk” and self-doubt.
- Mindset shift from “getting fixed” to commitment to lasting lifestyle change
- Coach for connectedness!

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## How The Wellness Plan Supports The Treatment Plan



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