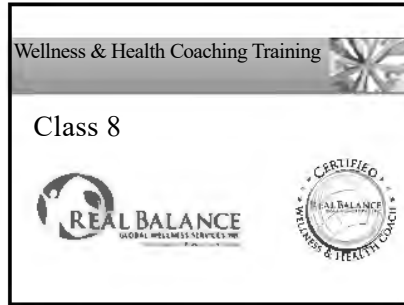




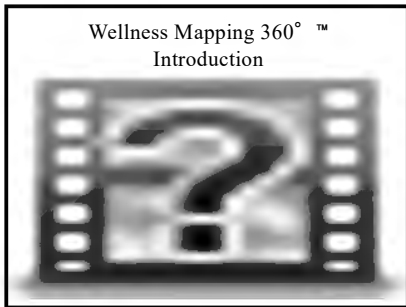
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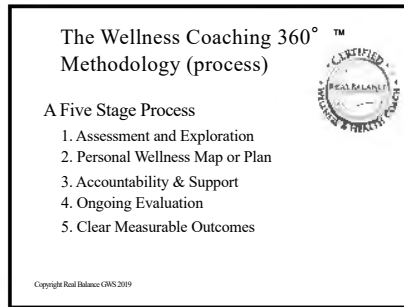
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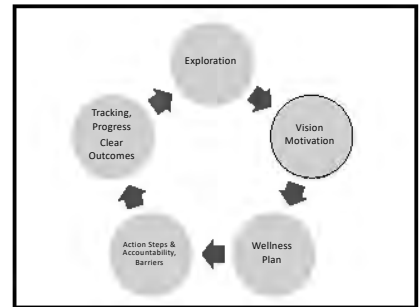
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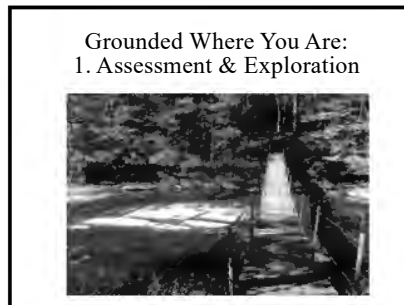
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Self-exploration- The Coaching Conversation And More.



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Self-exploration- The Coaching Conversation And More.



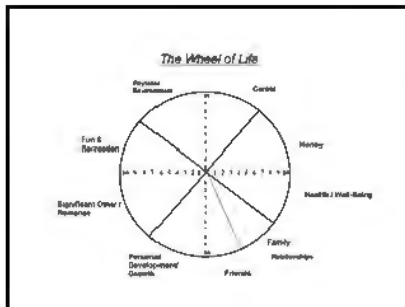
- A Mindful Journey
- Looking at life 360°
- Welcome Packet
- Encourage Journaling
- Anything to promote looking within.
- Reliance on The Coaching Conversation

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Coaching With Simple Assessments

- Tools of Exploration
- Tools of Elicitation
- The Wheel of Life
- Additional wheels - create your own
- Strengths Inventories
- Self-permission/Self-denial Inventory
- Connectedness Scale

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Coaching With Complex Assessments

- Health Risk Assessments = HRA's
- The Wellness Inventory
- Others

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Health Risk Assessments (HRA)



- Only as helpful as the "interpretation" session.
- Honesty = Validity
- "What was your experience completing this?"
- Great for AGGREGATE data used in programming

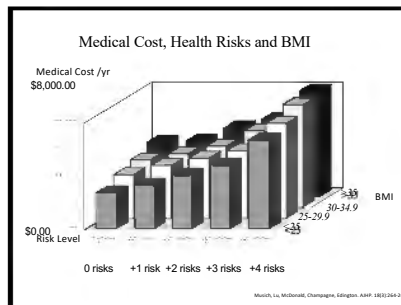
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Health Risk Assessments (HRA)

- Dee Edington –
– *Zero Trends: Health as a Serious Economic Strategy*
- 3 Essential Components
 - The HRA Instrument
 - Biometric Screening
 - Health Coaching



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"Everyone can use a coach!"

Dee Edington

In the following slide you can see that in a given population:

- People with more health risks have more illness and drive healthcare costs.
- People with higher BMI have more illness and drive healthcare costs.
- Approximately 80% of the cost comes from about 20% of the population.

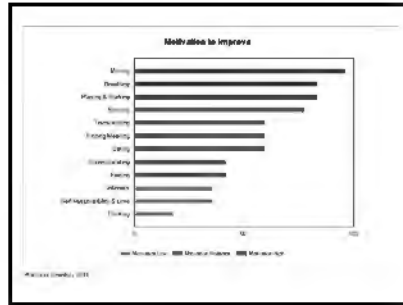
The "logical" response is to prioritize the "high risk" part of population and offer them extra services like wellness coaching. Dee Edington, however is quick to argue that there are flaws in this thinking.

- The population is not static. It is dynamic.
- If the low-risk part of the population does not get help maintaining that low-risk status (being healthy), THEY WILL BECOME tomorrow's high-risk part of the population and the cycle will never end.
- This what is known as MIGRATION.

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Resources for Complex Assessments

- Wellness Inventory: www.mywellnesstest.com
- Real Age: www.realage.com
- Dee Edgington: www.edingtonassociates.com

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Biometric Measures

- Coach First, Measure Second
- Which measures?
- Lbs., inches, % body fat, BMI ?
- Client chooses/Research chooses
- What is the best feedback?

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Biometric Measures

- Blood Pressure Points
- Blood Sugar Levels
- A1C Scores
- Blood Lipid Levels
- % Lung Capacity
- Other Measures
- Number of Hrs. Sleep
- Pain Scale Ratings
- Fitness Performance

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