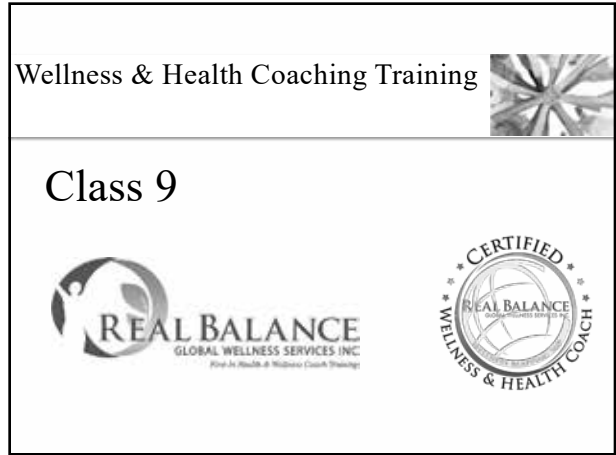




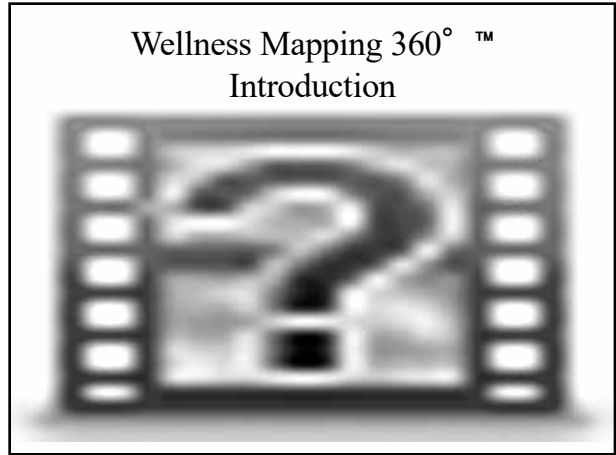
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The Wellness Coaching 360°™ Methodology (process)

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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Grounded Where You Are: 1. Assessment & Exploration



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Assessment & Exploration Demo



Watch the video in the Real Balance
Coach Center



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Self-exploration- The Coaching Conversation And More.



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

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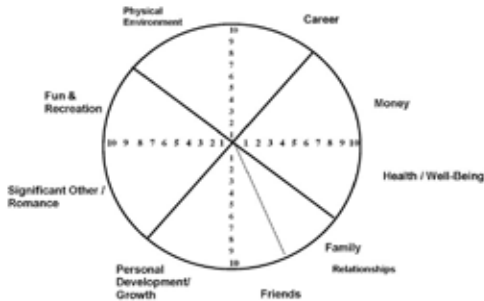
Coaching With Simple Assessments



- Tools of Exploration
- Tools of Elicitation
- The Wheel of Life
- Additional wheels - create your own
- Strengths Inventories: VIA Character Strengths Inventory <https://www.viacharacter.org>
- Self-permission/Self-denial Inventory
- Connectedness Scale

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The Wheel of Life



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Coaching With Complex Assessments



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

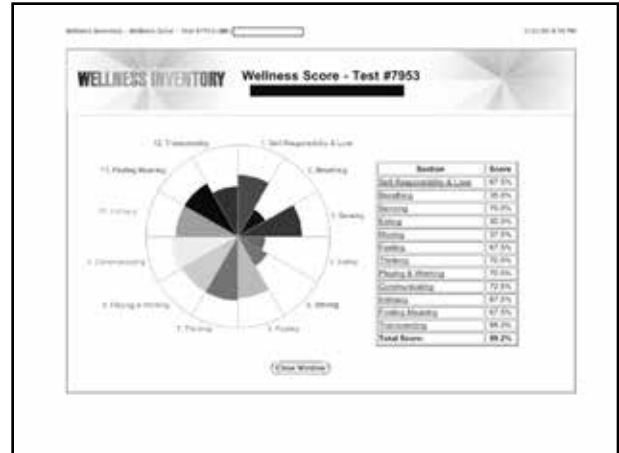
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Health Risk Assessments (HRA)

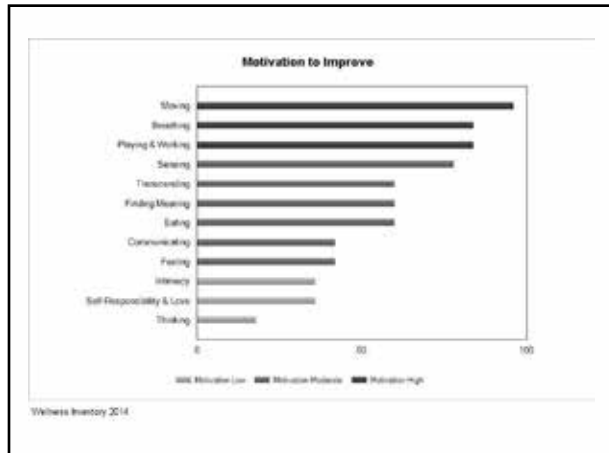


- Only as helpful as the “interpretation” session.
- Can be a conduit to coaching
- Client Honesty = Validity
- Ask: “What was your experience completing this?”
- Great for AGGREGATE data used in programming

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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
- Number of Hrs. Sleep
- Pain Scale Ratings
- Fitness Performance
- Other Measures?



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