

Astonishing Noncompliance©



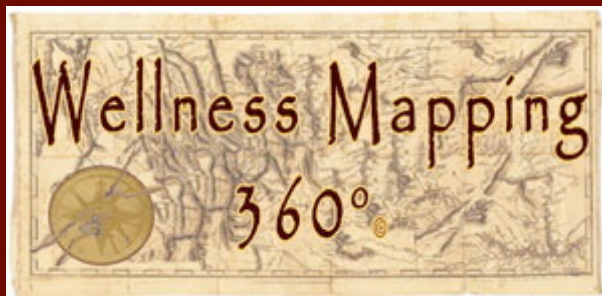
With

Michael Arloski, Ph.D., PCC

CEO and Founder

Real Balance Global Wellness Services, LLC

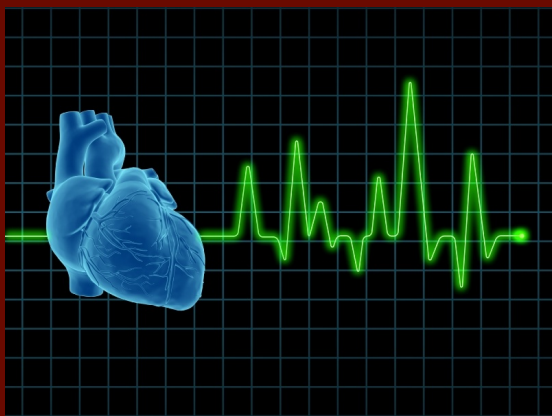
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Understanding Readiness for Change in the Health Challenged Client



A Major Health Challenge hits...



Yet we see no change in lifestyle behavior.



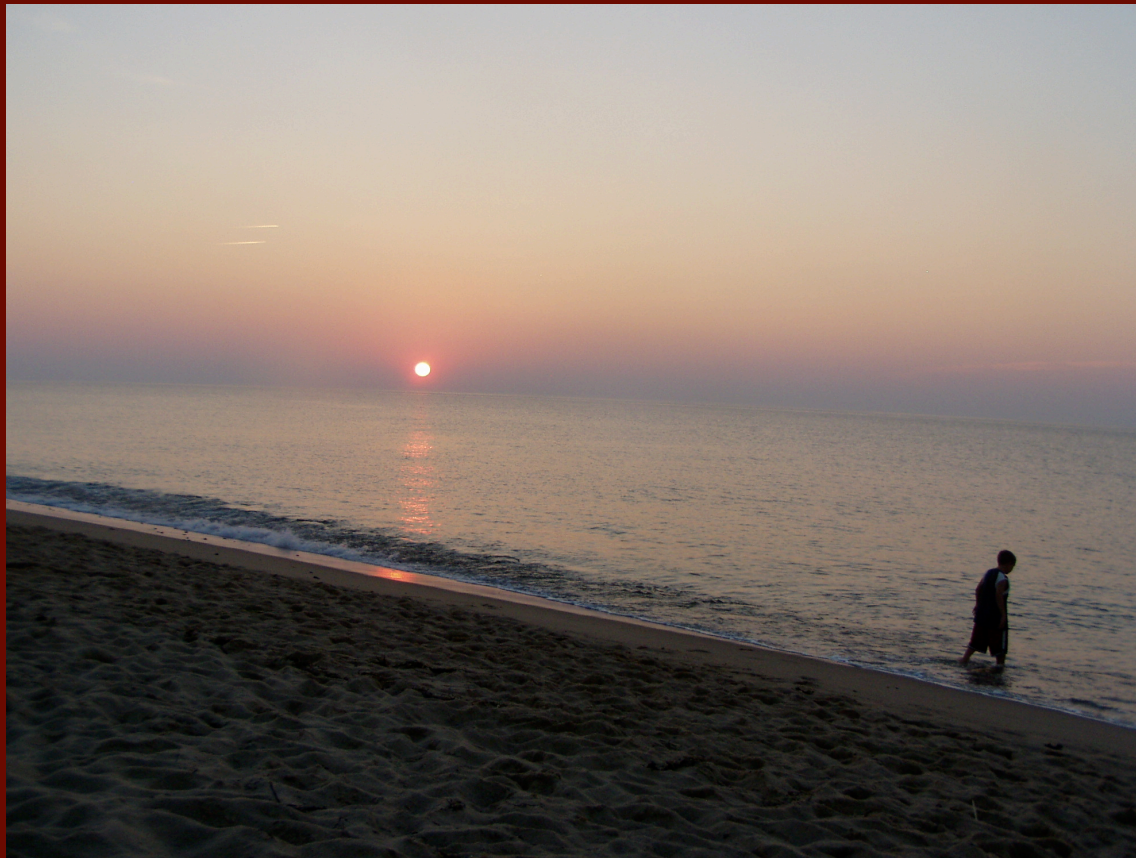
Webinar Poll Question #3

3. Have you (or your program) found yourself frustrated by clients/patients who are faced with a grave health challenge/event and need to make profound lifestyle improvement, yet don't?

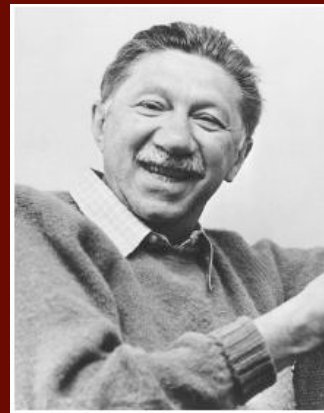
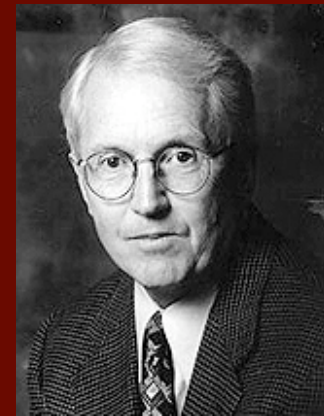
- a. Yes!
- b. No



A loss of health is a loss to be grieved.



The Intersection of Kubler-Ross, Prochaska & Maslow



Kubler Ross - Stages of Grief



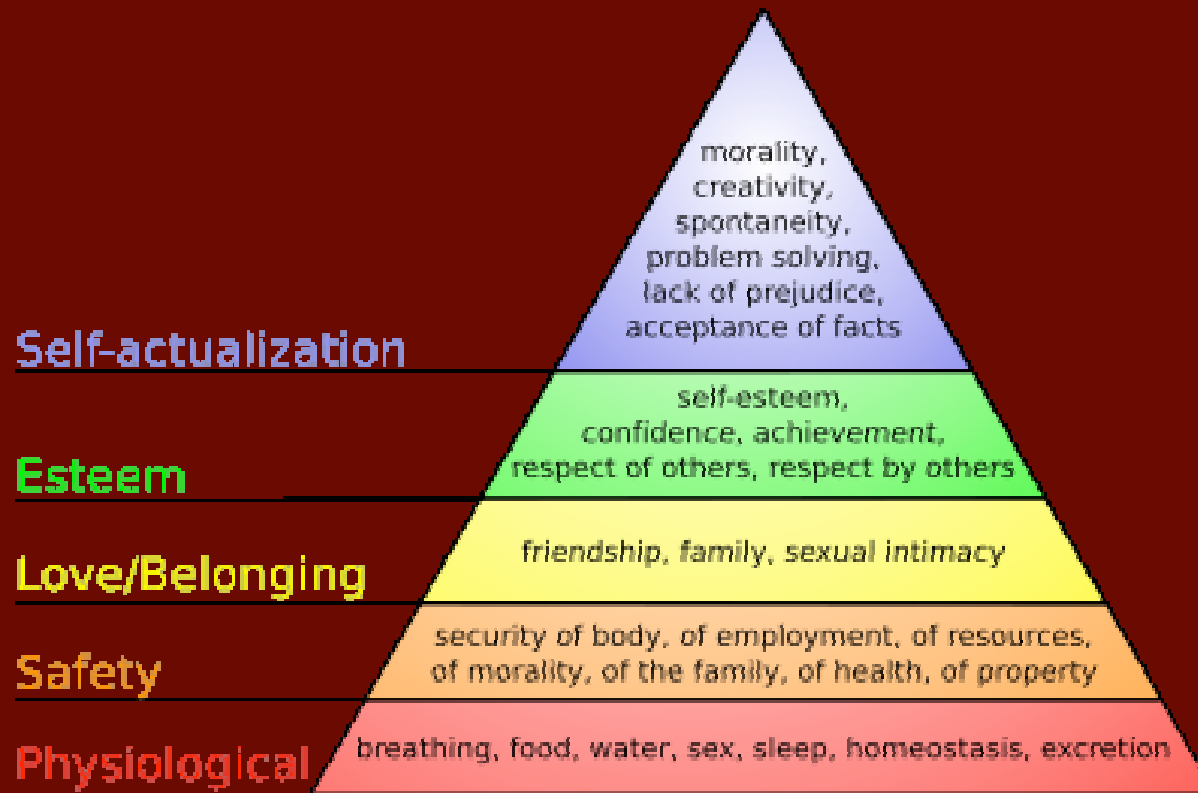
- Denial - Shock - Minimization
- Anger
- Bargaining
- Depression
- Acceptance

Stages of Change



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

Abraham Maslow's Hierarchy of Needs



Change? Are you kidding me?

I'm a GRIEVING,
PRE-
CONTEMPLATIVE,
SURVIVALIST
RIGHT NOW!
LEAVE ME ALONE!
Ahhh...
Got a light?

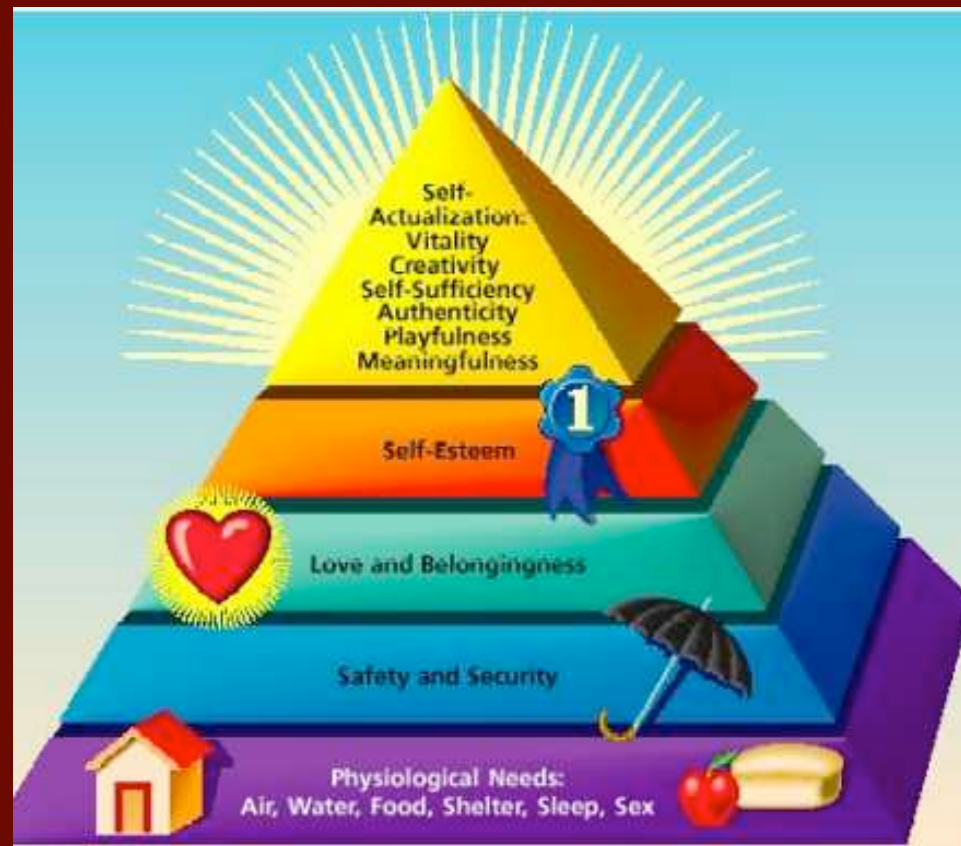


Coach your client UP through the hierarchy of needs!

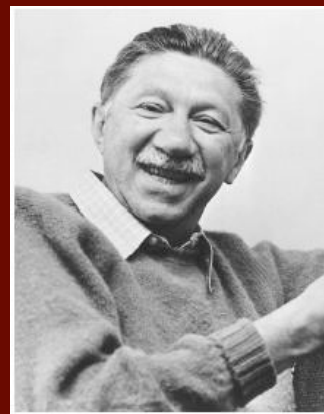
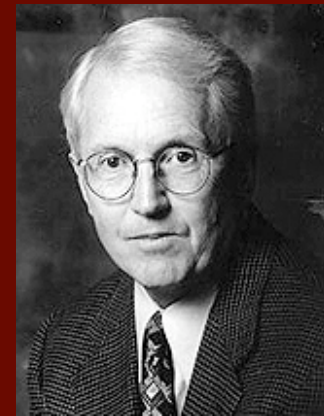


- **Start at the “bottom”**
- **Survival needs first!**
- **Then Safety Needs.**
- **Then help them get Social Support.**
- **This leads, finally to increased Self-esteem and Self-efficacy.**

Coach the person where they are at!



Integrate All Three Major Theories



The Facilitative Conditions of Coaching



- Be patient.
- Be empathic.
- Be accepting.
- Be real.

Adding up to
“Coaching
Presence”

Contact Us

Real Balance Global
Wellness Services, LLC.

www.realbalance.com

Toll free - 1-866-568-4702

wellness@realbalance.com

RBGWS provides wellness coach training, consultation,
mentor/supervision and public speaking.

