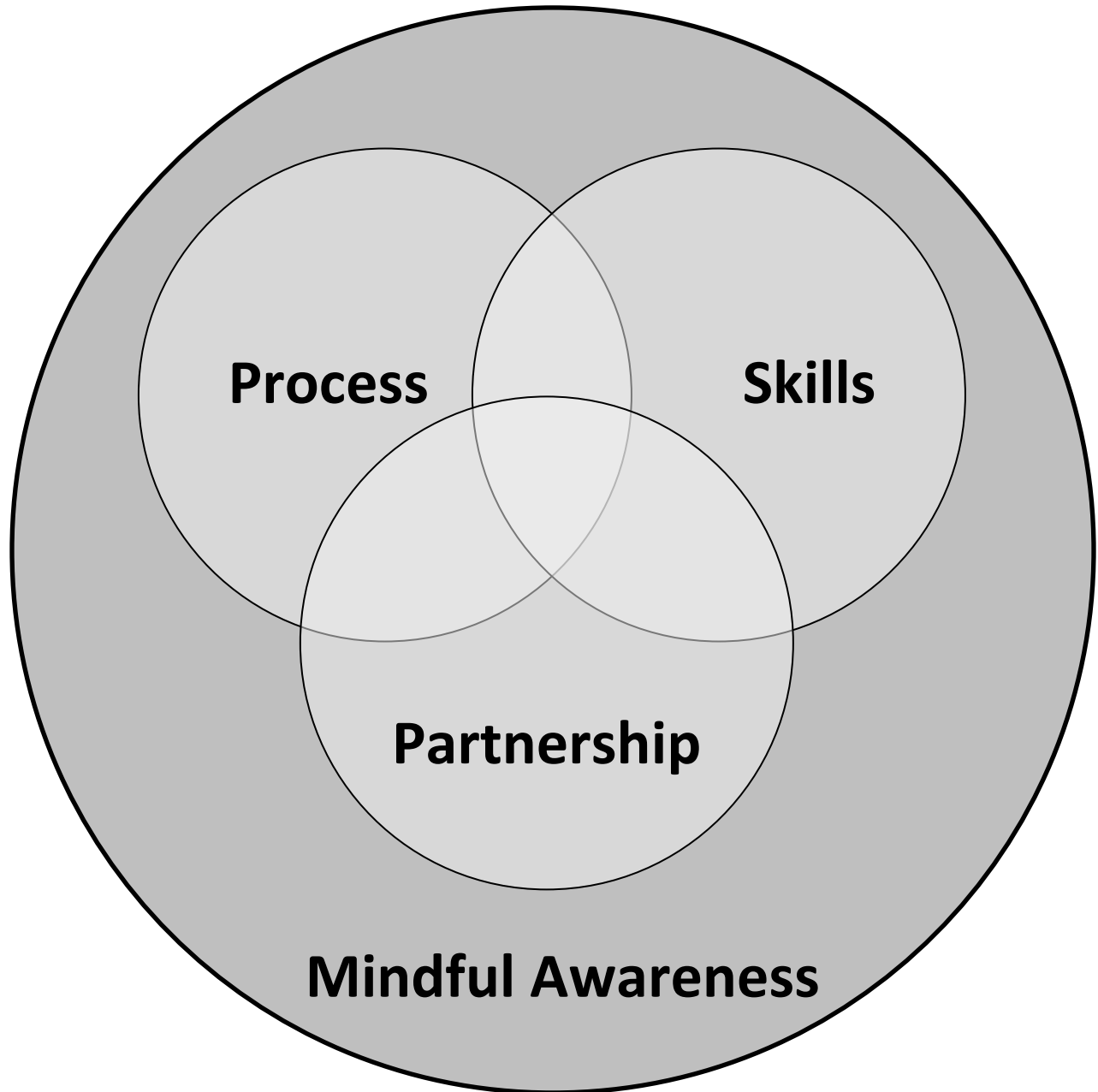
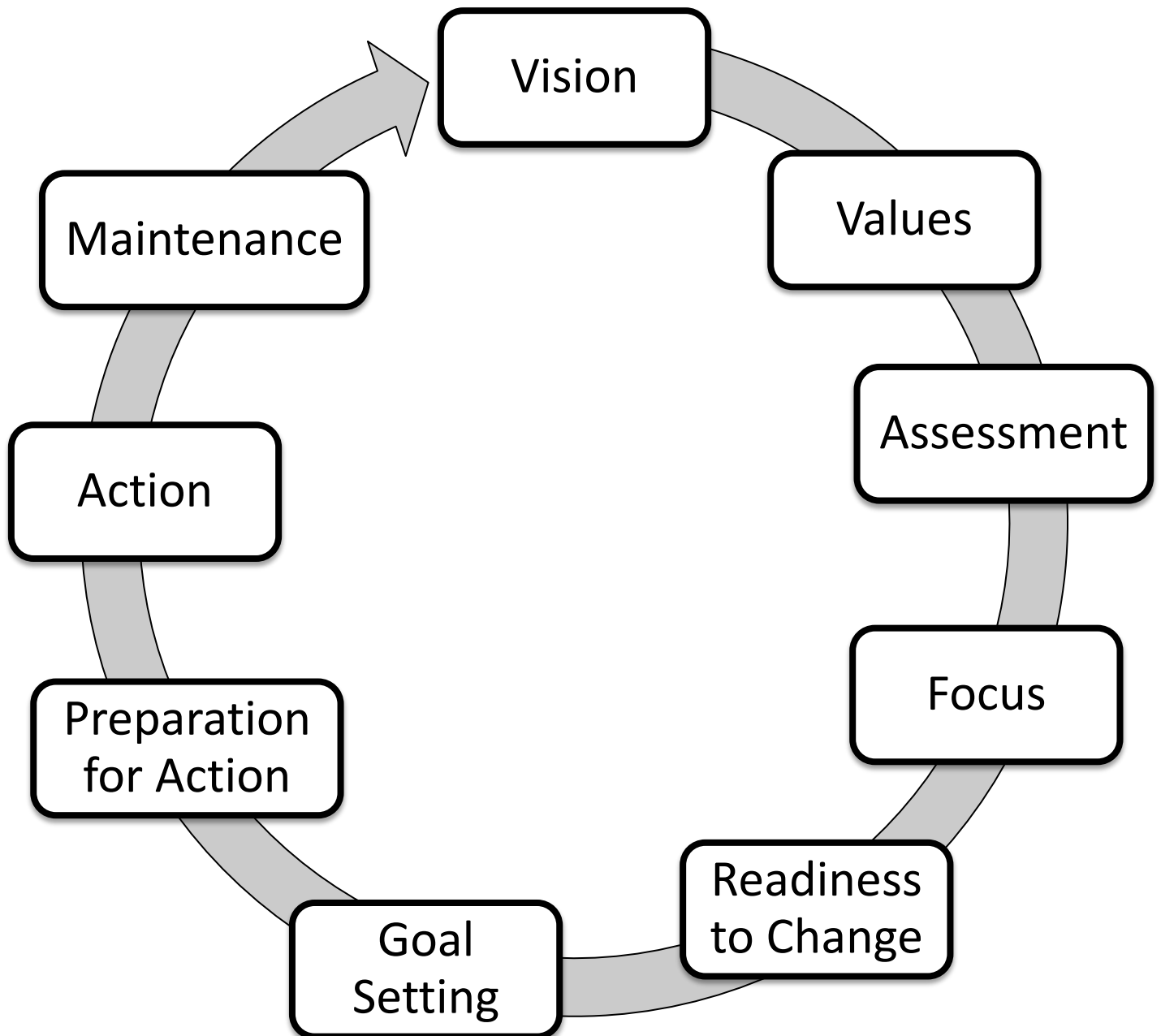


Essential Elements of Health Coaching



Health & Well-Being Coaching Process



Health & Well-Being Coaching Process

Model Strategies for Personal Health Planning

Stage 1: Create an Optimal Health Vision



Stage 2: Identify Values



Stage 3: Assess Current Health

- Medical reports/recommendations/expert opinions
- Explore and assess client's understanding of health conditions and recommendations
 - Ask permission to provide resources/education if needed and appropriate
- Self-assessment



Stage 4: Choose a Focus



Stage 5: Explore and Support Readiness to Change

A) Importance

- Explore the scale
- Explore pros and cons of change
- Explore likely future with and without change
- Make choice to change or not
 - If not, explore if something else is more important to address at this time
 - Agreement on if and when to revisit

B) Confidence

- Explore the scale
- Explore strengths, self-knowledge and past experiences
- Brainstorm options
- If needed, offer resources and education
- Explore what else is needed in order to raise confidence to a level where client is ready to move forward with a goal and action steps

Stage 6: Set a 3–6 Month SMART Goal and Weekly Action Steps



Stage 7: Prepare for Action

- Explore a typical day/week
- Explore potential barriers to action
- Create backup plans
- Establish accountability



Stage 8: Initiate and Assess Action

- Acknowledge successes
- Maximize learning
- Determine next action steps



Stage 9: Maintain Behavior Change

- Support next steps in personal health planning