

Lifestyle Medicine: Tools for Promoting Healthy Change
June 26, 2009 ♦ Boston, MA

Coaching Demonstration

Margaret Moore will coach a willing participant from the audience for approximately 15-20 minutes.

During the session, the participants in the audience will listen for:

1. Reflections
2. Open ended questions
3. Appreciative inquiries
4. Expressing empathy
5. SMART GOALS
6. Use of humor and playfulness
7. Use of silence
8. Other coaching strategies

After the coaching demonstration, we will spend 5 minutes discussing your experiences as an active listener.

Notes:

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Coaching Practice

In this exercise, we will practice 3 coaching skills:

- Open ended questions
 - Reflections
 - Appreciative inquiries
1. Turn to your neighbor and introduce yourself.
 2. Decide who will be the coach and who will be the client for the first 8 minutes.
 3. The client will select one area of wellness (physical activity, nutrition, stress management, weight management or other) to discuss with the coach.
 4. After 8 minutes, the client will become the coach.
 5. The coach will be working on addressing 2-3 questions.
 - a. What do you view as your best outcome in this area?
Describe it to me.
Create a picture for me.
 - b. What makes this area important to you?
 - c. What strengths do you have that will help you reach this outcome?
 - d. What is your biggest challenge?
 - e. What are some strategies to help you overcome this challenge?
 - f. What are your next steps?

After the coaching practice, we will spend 5 minutes discussing the experience.

Notes: