

# The Health Coach Approach



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# Positive Psychology: The A's +D Exercise

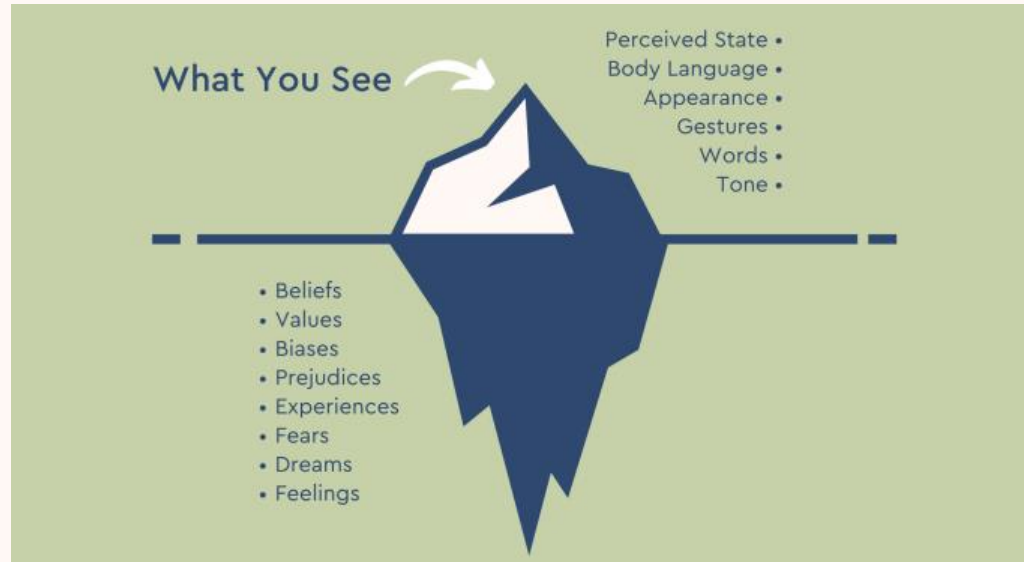
Alleviate suffering + cultivate the best in us

Tough stuff happens, we have choice in the way we frame & perceive our story

Look for strengths & what is right



# The Health Coach Approach:



Growth through: Intrinsic motivation, deeper self awareness & discovery

# The Health Coach Mindset



**Your client is whole, real  
& creative**



**Curiosity without  
judgement**

The advice giver vs. the curious scientist

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**Table 1. Comparisons between a traditional clinical approach and coaching approach in primary care**

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**Traditional approach**

**Coaching approach**

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Practitioner is the health expert

Patient is respected as the expert in their own life

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Practitioner provides advice and solutions

Practitioner offers information on the basis of what the patient identifies as needed

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Practitioner decides the health priority

Patient chooses the health goals, strategies and targets

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Practitioner focus is on why the patient has not made the required changes

Practitioner looks for positives and affirms client

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Practitioner assumes client is ready to change

Practitioner identifies client readiness and offers strategies to increase confidence and importance.

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## Using the Health Coach Approach:



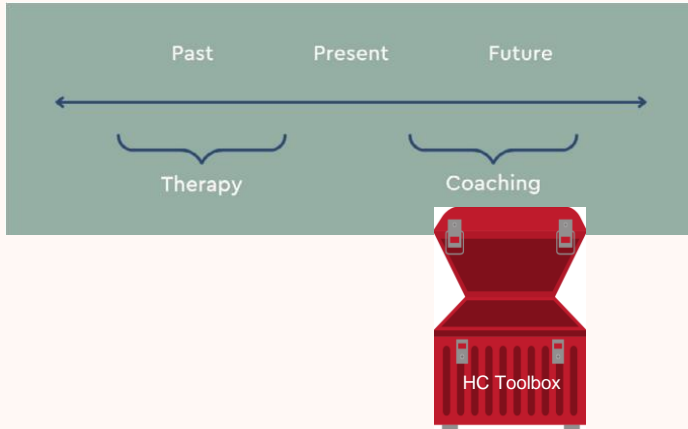
The client is in the front of the waka.

**Empowering** people to experiment & project manage their own health.

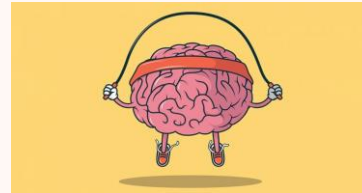
# A Preventative Health Coach Approach: The Tool Box

Where informed science, stress adaptation and transformative habit change meet

Reflective inquiry provokes insight



Small snippets of science, with permission, that meet the individual where they are at



Whats is one health goal you have right now?

Co-constructed: The goal, metrics on the client's agenda (they lead)

Expectations: Explored, what does success look like? What is most important to you right now?

Coach holds the process with curiosity & a toolbox of skills, resources, courageous conversation 'what do you really want? 'How motivated are you?



# The Whole Person Approach



# A Preventative Health Coach Approach:

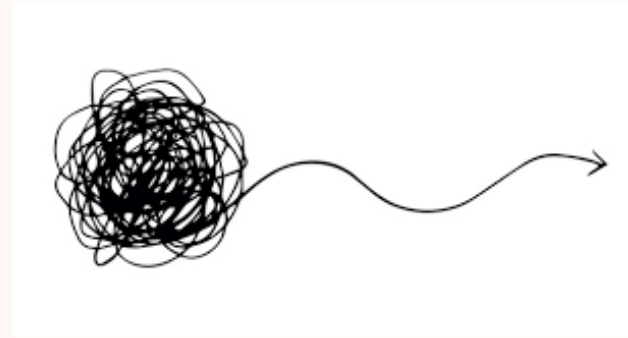
Where informed science, stress adaptation and transformative habit change meet

1. Sleep
2. Effective & calm breathing
3. Whole, real & unprocessed food
4. Movement & strength
5. Mental flexibility & fitness
6. Connection to our communities, the outdoors & finding joy

# See's the Person Not the Problem



'Coaching Moments'



# The Health Coach Approach: Soana's Story



Championing & Strength Spotting: Look for what is right

# 'Hopeful Medicine' Dr David Unwin

Feedback/ metrics are essential: HbA1c graphs, the belt.....

Understanding physiology

Ongoing support

**Curious conversation is the key to client discovery**

What will you take away?



Thank you for Joining us

PREKURE<sup>™</sup> 

**Q & A**