



# Wellness Coaching

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# Learning Objectives

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After this presentation, you will be able to:

- Describe the Wellness Coaching model
- List Wellness Coaching benefits, outcomes
- Consider how peer support providers can implement Wellness Coaching



# Wellness in 8 Dimensions



# Wellness Coaching

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- Originally, a peer-delivered model
- Supports setting and achieving a personally meaningful wellness goal
- A structured time-limited process
- Emphasizes the importance of habits and routines

# Wellness Coaching

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Through education, support, and coaching, a peer wellness coach offers vehicles for building self-skills and confidence.

Coaching is a positive supportive relationship.



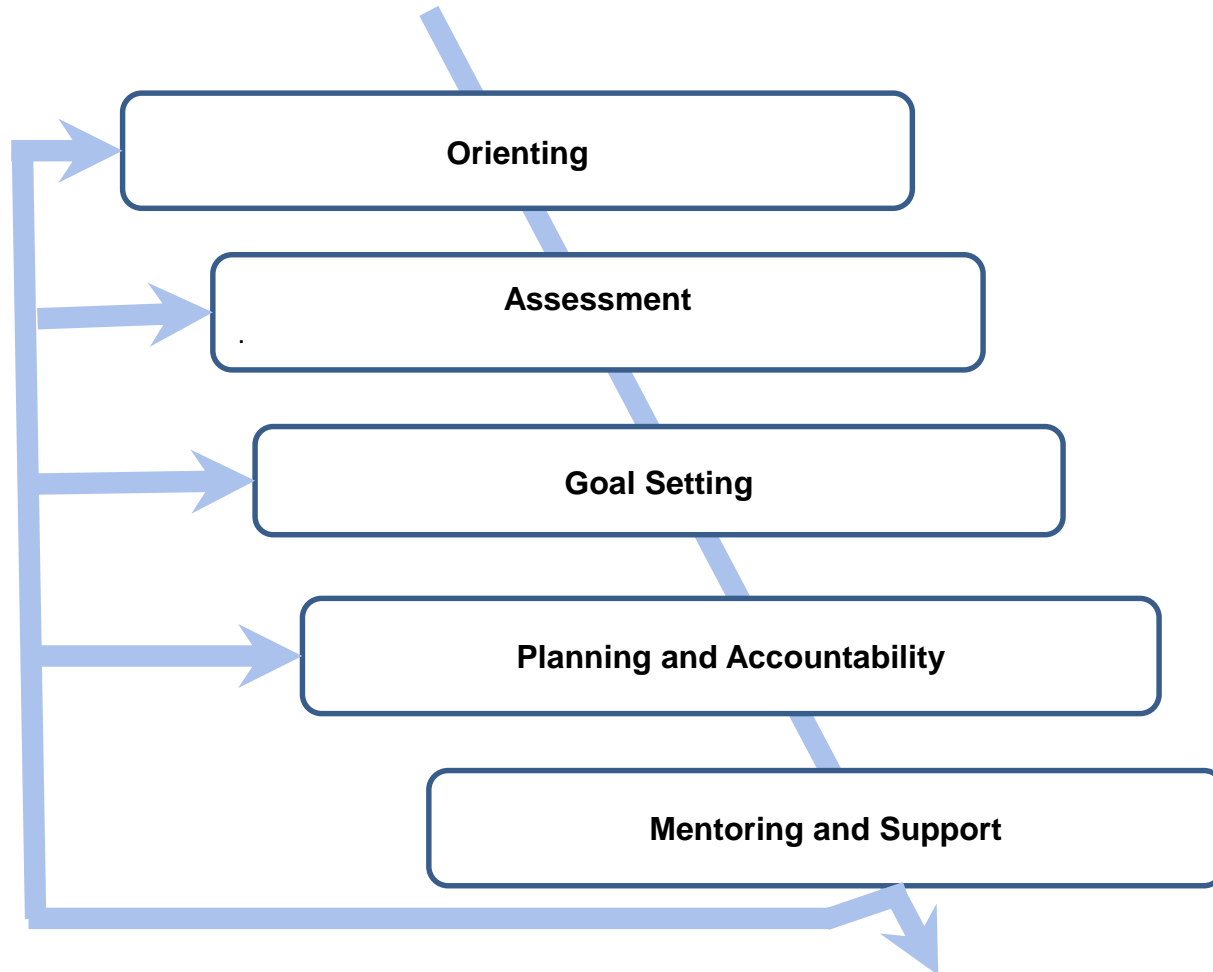
# Why Wellness Coaching?

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- Shortened life span, high medical co-morbidity
- People may struggle to change on their own
- Systems emphasize fixing problems
- Wellness Coaching emphasizes choosing and building wellness—one step at a time

# How Wellness Coaching works

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# Wellness Coaching Outcomes

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# *Study 1: Overview Peer Providers*

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- 26 peer providers received peer-delivered Wellness Coaching (average of 10 sessions)
- Aim: Wellness for work
- Goals varied—personally selected

Brice, Swarbrick, Gill, 2014



# *Study 1: Results Peer Providers*

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- Diet and nutrition goal: 59%
- Physical activity goal: 32%
  
- Fully achieved goal: 59%
- Partially achieved goal: 28%

# *Study 2: Overview*

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- Voluntary participation after orientation
- 33 participants (self-help center members)
- Peer Wellness Coaches (50 hrs of training)

Swarbrick, Gill, Pratt 2016



# Study 2: Results

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- Increased exercise goal: 32%
- Relaxation techniques goal: 18%
- Improved sleep hygiene goal: 13%
  
- Goal achievement level was, on average, better than expected
- Overall health ratings improved and gains were maintained at 90-day follow-up

# Implications

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- Peers can provide effective Wellness Coaching
- Wellness Coaching can improve health habits

## Expanding peer roles:

- Wellness Coach
- Health Navigator
- Health and Wellness Support
- Wellness for Work



# Resources

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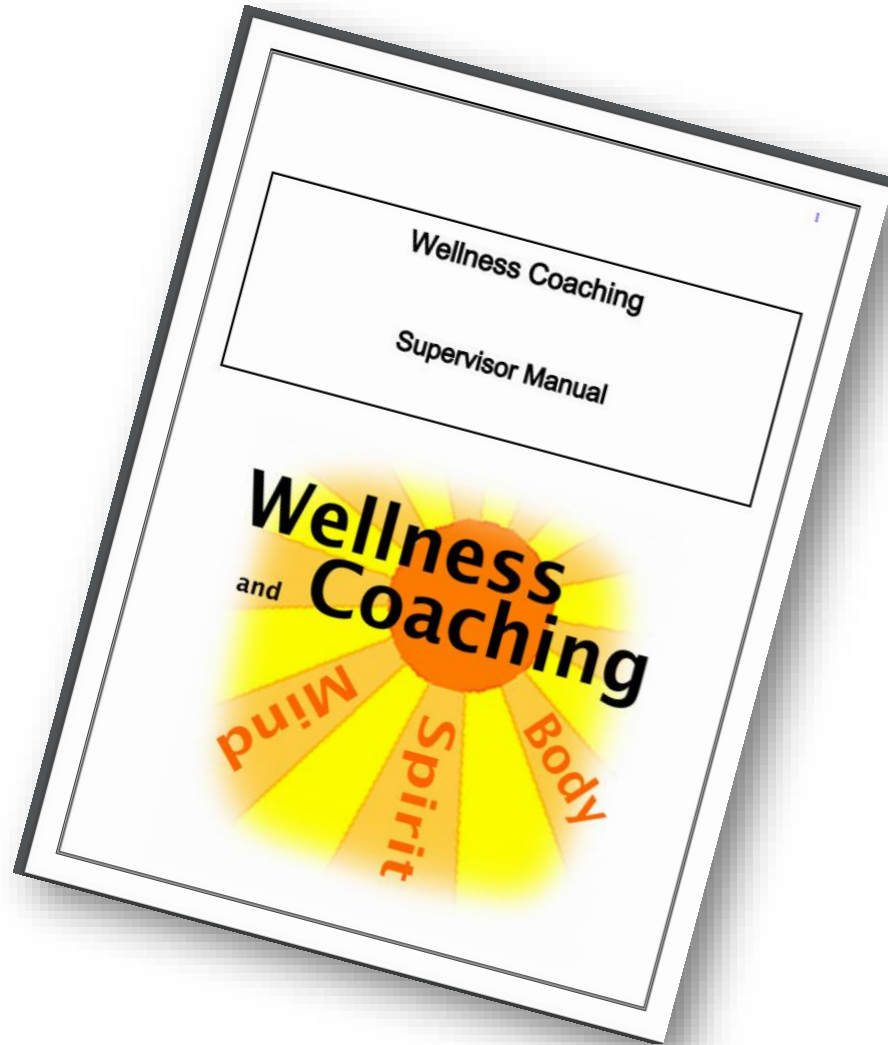
For more resources contact:

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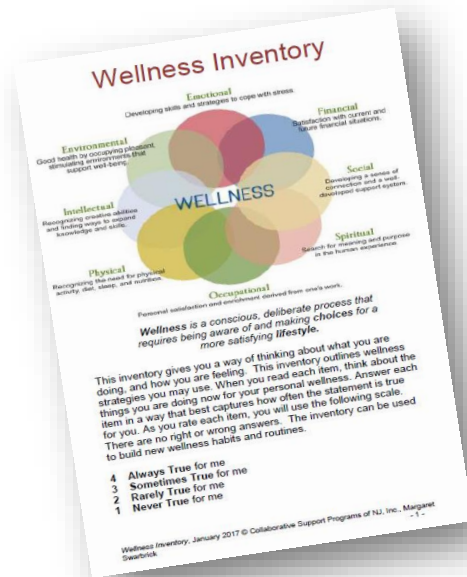
# Wellness Coaching Supervision



[https://www.integration.samhsa.gov/pbhci-learning-community/peer\\_wellness\\_coaching\\_supervisor\\_manual.pdf](https://www.integration.samhsa.gov/pbhci-learning-community/peer_wellness_coaching_supervisor_manual.pdf)

# Health & Wellness Support

## Wellness Inventory



## Wellness Daily Plan



[cspnj.org](http://cspnj.org) (resources)





# Other Wellness Resources

## Words of Wellness – [www.cspnj.org](http://www.cspnj.org)

click on “news” or

<https://www.cspnj.org/wordsofwellness>

## Very Short Videos on 8 Dimensions

[https://www.youtube.com/watch?v=2NR4\\_5dt7JA](https://www.youtube.com/watch?v=2NR4_5dt7JA)

<https://www.youtube.com/watch?v=tDzQdRvLafM>



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