

Take Charge! of Your Goals with Wellness Coaching

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PRA  Well-Being

Learning Objectives



By the end of this webinar, participants will be able to:

- Define wellness coaching and benefits
- List key components of wellness coaching
- Define how wellness coaching can be effective to working with people who have co-occurring conditions
- Describe how the Take Charge! Workbook can support overall wellness



*How do you
define
Wellness?*



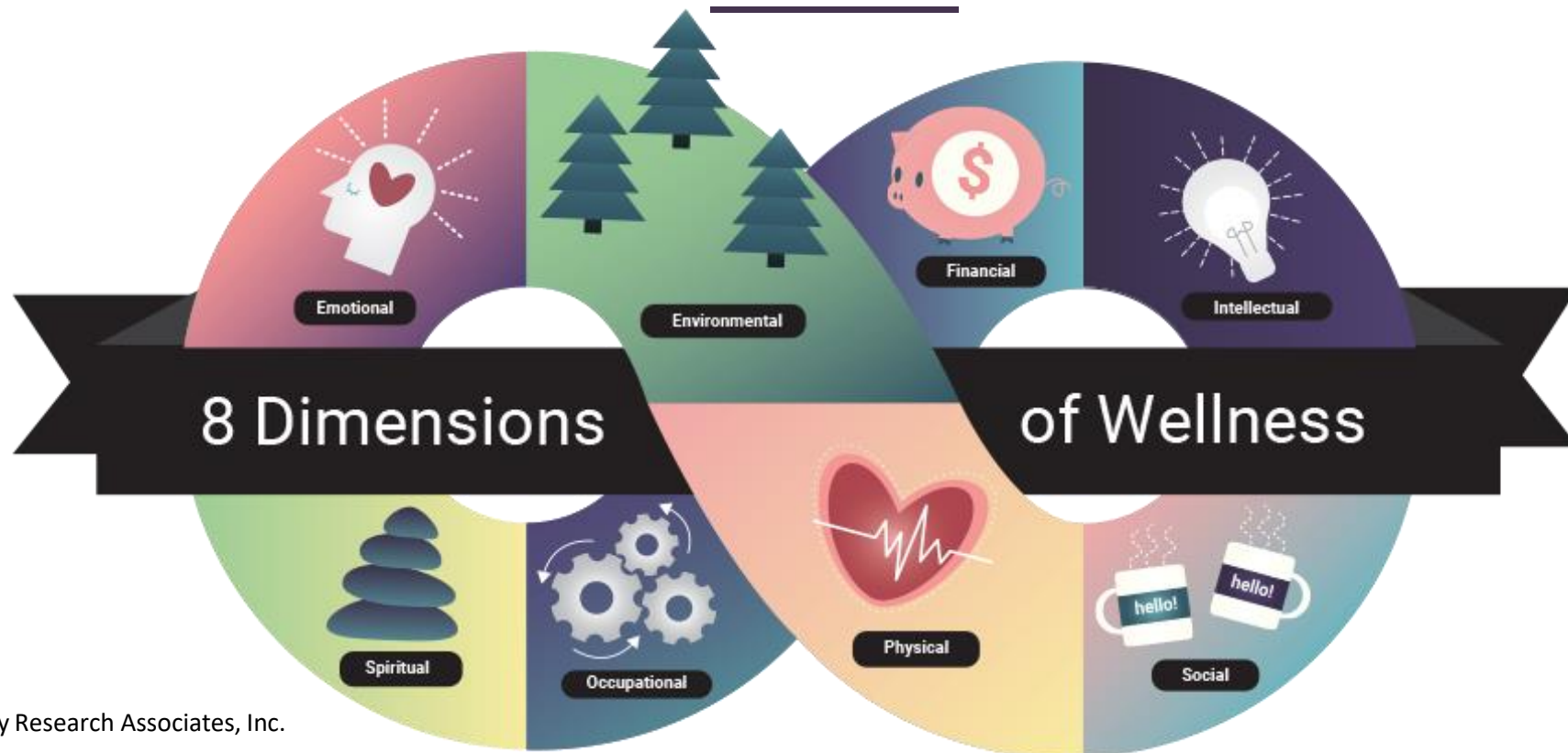
Post in the Chat



What is Wellness Coaching?

Wellness coaching is...

a process of supporting a person in creating and adapting habits that lead to improved health in the wellness dimensions



People with serious mental illnesses are dying 15 to 30 years younger than the general population

Excess morbidity and mortality, especially among people with severe mental disorders, has remained invisible for far too long....

Health-care systems remain unresponsive...

--S. Saxena, WHO (2018) in The Lancet

Wellness Coaching Results & Benefits

Enhancing
engagement

Preventing
burnout

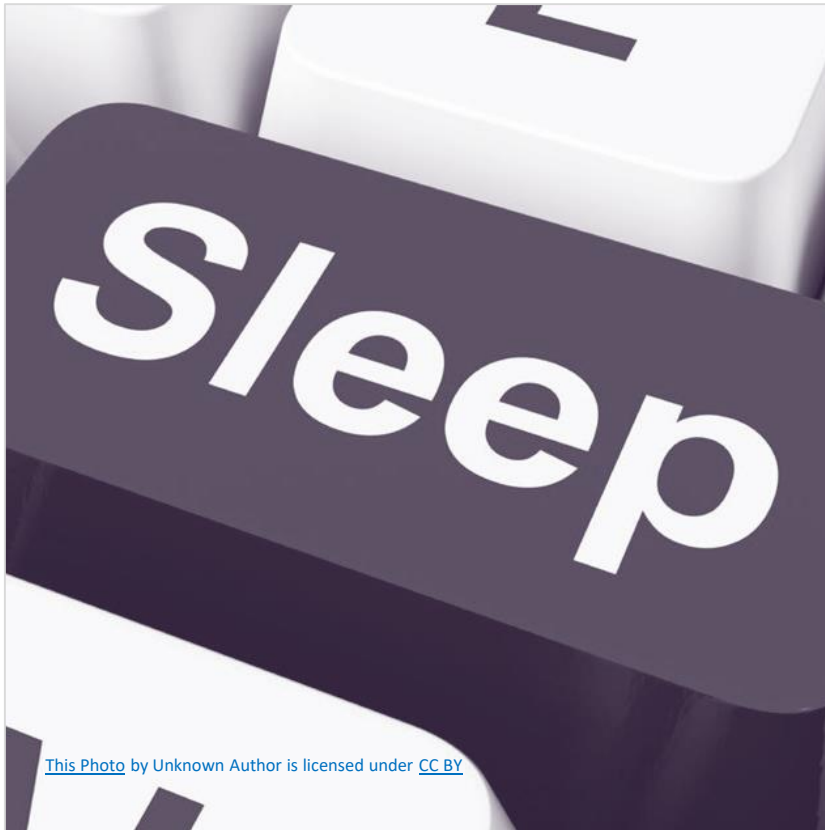
Promoting *quality
of life*

Creating &
sustaining *health
habits*

Achieving *goals*

Improving
physical, general,
& perceived *health*

Wellness Coaching Benefits



Declutter Your Home ✓ CHECKLIST

KITCHEN

- Match food storage containers & lids. Discard mismatches.
- Clean out underneath the sink. Discard expired cleaners.
- Wash out garbage cans.
- Clean oven. Use the self-cleaning option or clean it manually.
- Clean fridge. Throw out old condiments and food. Wash all surfaces. Replace deodorizer.
- Clean the microwave.
- Go through cupboards and discard old and half eaten items. Restack all items orderly.
- Go through dishes and get rid of ones you don't use.

LAUNDRY ROOM

- Discard broken hangers, clothing tags, lint or other trash.
- Clean out lint trap with the vacuum cleaner.
- Wipe up any detergent spills on washer, dryer, counters, shelves and floors.
- Go through detergents, stain removers and discard empty or expired items.
- Move dryer and vacuum lint from under dryer, in and around hose.

BATHROOMS

- Wash out trash can.
- Clean out underneath sink. Discard any expired items.
- Clean out drawers and cupboards. Wipe down.
- Go through medicine cabinets and discard expired medications properly.
- Remove calcium and lime deposits from showerheads, toilet bowls and water faucets.
- Wipe down doors and walls to remove water streaks and other grime.

whilehewasnapping.com



Key Components of Wellness Coaching

Philosophy: person-driven, strengths-based

Process: Wellness Coaching flow

- Primarily individual sessions
- Timeline is about 2 months (8-12 sessions)

Structures

- Wellness Coaching training (delivered with fidelity)
- Supervision monitoring and support
- Internal program audits of Wellness Coaching

Documentation and Data

Wellness Coaching Philosophy

Person-driven

- People using services are actively involved in the Wellness Coaching process
- Wellness goals and plans are co-created, not created by staff and signed off by the person served
- Quantitative and/or qualitative evaluations indicate person served was actively involved and owns/drives the goal, plan, and process

Strengths-based

- Wellness strengths assessment and progress notes include documentation of strengths
- Quantitative and/or qualitative evaluations indicate a focus on strengths

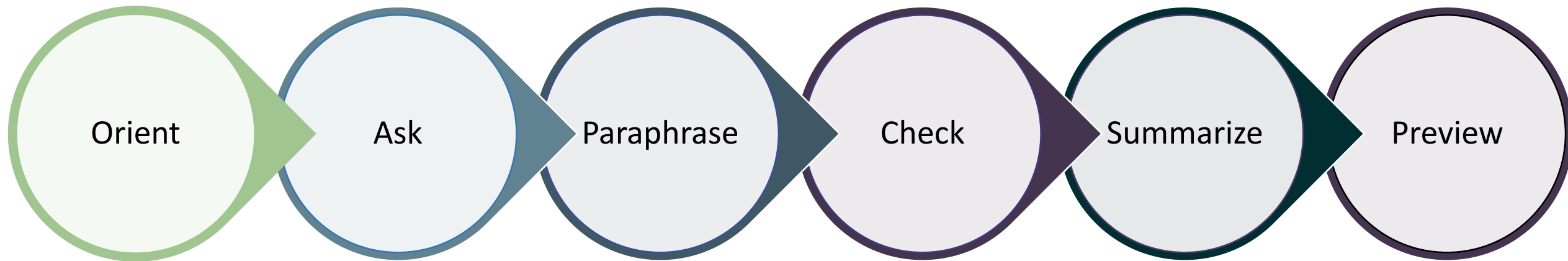
Wellness Coaching Flow

Follow a standardized process

Adapt to the individual



Wellness Coaching Tasks



Skills and Competencies

Communication Skills and Sharing a Narrative

Effective Communication Skills

- Attend
- Ask Facilitative Questions
- Use active Listening
 - Respond to Content
 - Reflect Feeling, Meaning
- Address Listening Blocks



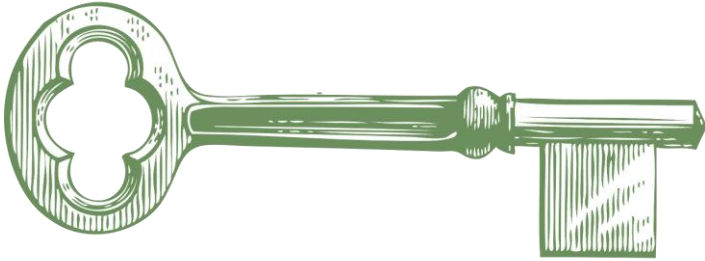


Your Wellness Narrative

Wellness Coaching: How To

A step-by-step description

How To: Orientation



- Use an interactive process throughout
- Explain role, scope of Wellness Coaching
- Explain the coaching process, including roles
- Ask about expectations and what they hope to accomplish
- Outline duration of coaching sessions
- Review the checking-in process (accountability)
- Introduce the Wellness Assessment and Planning Tool

Wellness Focus in the Wellness Assessment

How To: Assessment



- Orient to wellness assessment process
- Use open ended questions and reflective listening throughout process
- Identify strengths in overall wellness and physical wellness domains
- Explore values and priorities
- Explore view on physical wellness needs and desired areas to strengthen or improve
- Use motivational strategies to clarify status and level of motivation
- Review level of importance in each domain to set a priority

Take Charge!

A Workbook to Enhance Well-Being With the Eight Dimensions of Wellness

New Workbook!

- Released by PRA Well-Being in August 2020
- Developed in collaboration with Dr. Swarbrick, Chacku Mathai, and a number of other experts



TAKE CHARGE!

A Workbook to Enhance

Well-Being With the Eight

Dimensions of Wellness

PRA Well-Being



Take Charge! A Workbook to Enhance Well-Being With the Eight Dimensions of Wellness

- designed to offer individuals a self-paced, guided exploration of each of the Eight Dimensions of Wellness
- composed of eight chapters—one for each of the dimensions
 - Emotional
 - Environmental
 - Financial
 - Intellectual
 - Occupational
 - Physical
 - Social
 - Spiritual



Designed for Engagement

- With space for responding to written prompts and even coloring, this workbook creates an opportunity for users to get curious about their own **wellness strengths** and barriers and create **action plans** for improving personal **well-being**

Finger “labyrinth walk” from the spiritual wellness chapter



Follow the white line

Created for Action Planning



- Suggestions are offered to help guide people toward creating their own personalized wellness plans

• Do you have a hard time getting to sleep or staying asleep?

Yes

No

If so, is there anything from the list above that you can try to improve your sleep?

Sample prompt from the physical wellness chapter

Connects with Other Tools



Learn more! Stream the PRA podcast series about Social Wellness on SoundCloud: <http://bit.do/socialpod>



Policy Research Associates, Inc.

PRA Well-Being: Social Wellness



17:44



Social Wellness

Applicable to Various Settings

Take Charge! can be used in different settings

- **Individuals** can use this workbook as part of a personal recovery and wellness journey - with or without wellness coaching
- **Behavioral health organizations** will find it valuable to distribute to individuals who receive services
 - Organizations can also purchase copies for staff, who may better serve others with greater attunement to their own wellness



Thank you!

- **Henry Acosta**, Acosta Consulting, LLC
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- **Chacku Mathai**, Chacku Mathai Consulting
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- **Briela Tollisen**, PRA
- **Peggy Swarbrick**, CSPNJ
- **Nicole Vincent-Roller**, PRA

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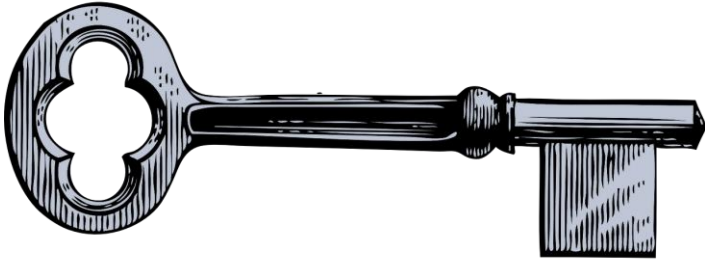
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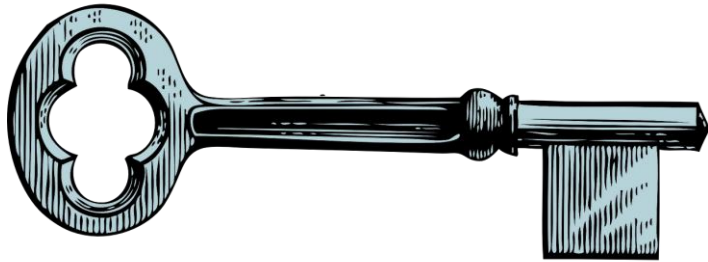
Wellness Focus
in
Wellness
Planning

How To: Goal Setting



- Orient to goal-setting process
- Use open ended questions and reflective listening throughout process
- Summarize and reviewed strengths
- Reflect on wellness assessment to clarify priority (area to strengthen or improve)
- Clarify the wellness goal
- Link the goal to the purpose
- State goal using SMART format
- Review goal commitment

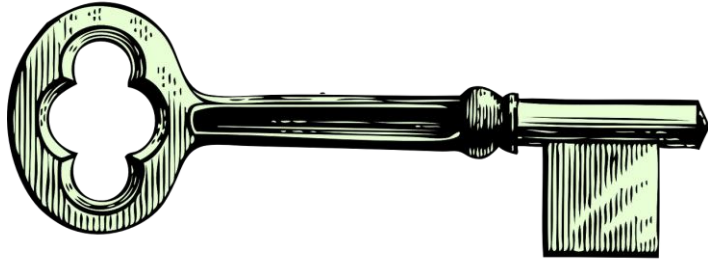
How To: Planning (part 1)



Explore to prepare for planning

- Orient to planning process
- Orient to exploring and brainstorming
- Use open ended questions and reflective listening throughout process
- Review goal, purpose, commitment
- Brainstorm steps to achieve the goal
- Explore potential barriers that might impact success in achieving the goal
- Brainstorm needed supports and resources for goal achievement

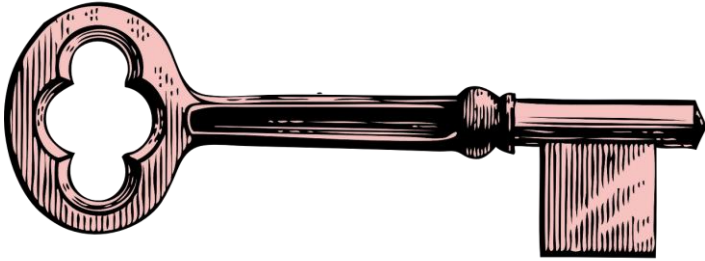
How To: Planning (part 2)



Develop the action plan

- Orient to the plan format and process
- Brainstorm action steps towards the goal
- Organize the steps by week (4-6 weeks)
- Clarify step details (what, when, how, and by when for each step)
- Add steps to the plan
- Explore how it will feel to accomplish steps
- Summarize next steps

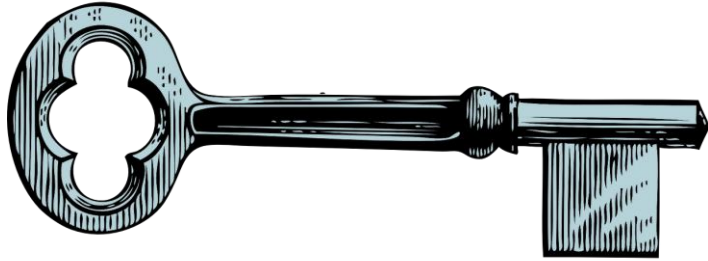
How To: Accountability



- Orient to accountability and check-ins
- Use open ended questions and reflective listening throughout process
- Review action step details
- Identify method and time to check-in on specific steps accomplished
- Identify alternate check-ins if (or when) barriers surface
- Identify how to support
- Share a copy of the completed plan
- Set up next session soon after next check-in

Wellness Focus
in
Mentoring
and Support

How To: Mentoring & Support



- Orient to mentoring and support
- Use open ended questions and reflective listening throughout process
- Review progress toward action steps
- Affirm, acknowledge, and celebrate steps taken and progress made
- Explore what seemed to get in the way, if applicable
- Make adjustments to plan, if desired
- Discuss other supports and resources that may be needed, if applicable
- Agree on next meeting date and time

Wrap Up

*What else would
you like to know
about Wellness,
Wellness
Coaching, or Take
Charge!?*



Post in the Chat

*Questions,
Comments,
Thoughts?*

*Thank
you.*

For more information

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Policy Research Associates, Inc. (2020). Take charge!: A workbook to enhance well-being with the Eight Dimensions of Wellness. Delmar, NY: Author. For more information, visit <https://www.prainc.com/resources/products/>

References (Wellness Institute, Collaborative Support Programs of New Jersey, Inc.)

- Swarbrick, M. (2020). *Wellness Coaching manual*.
- *Wellness Coaching Training Fidelity Evaluation Toolkit (2018)*.