

myndwell

leading change mindfully



Coaching for Human
Flourishing

What is Health & Wellness Coaching?

Discovering what optimum health looks like for you

Why **now**?



Data says...

The United States is among the wealthiest nations in the world, but it is far from the healthiest...Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: **even highly advantaged Americans are in worse health** than their counterparts in other, "peer" countries.

National Research Council (US); Institute of Medicine (US), Woolf SH, Aron L, eds. U.S. Health in International Perspective: Shorter Lives, Poorer Health. Washington (DC): National Academies Press (US); 2013.

Experts say...

“80% of all disease stems either directly or indirectly from **stress** and its impact on the body, mind and spirit.”

-Dr. Jim Gordon, Center for Mind Body Medicine

Impact of Chronic stress

- Immune system dysfunction
- Chronic+ sympathetic NS
 - Sustained high cortisol
 - Anxiety, depression, insomnia
- Chronic inflammation
- Telomeres shortening
- Microbiome imbalance
- Oxidative stress, cellular metabolism, and apoptosis
- Changes in genetic expression
- Changes in sirtuins (proteins regulate cellular health)



Ornish, Dean and Ornish, Anne. *Undo It: How Simple Lifestyle Changes can Reverse Most Chronic Diseases.* 2019

Research says...

Working with a Health & Wellness coach leads to improvements in:

Diabetes

Heart Disease

Obesity

Cancer
survivors

Weight and
Nutrition
management

Increased
physical
activity

Chronic pain

Hypertension

High
Cholesterol

COPD

Whole Person Health



Focus is on the whole “unified” health



“Build health to treat disease”



Options rather than surgery, medications

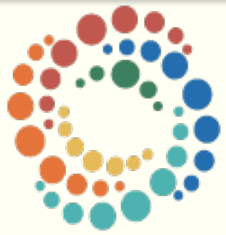


Accountability for behavior changes

American Medical Association Endorses Health Coaches

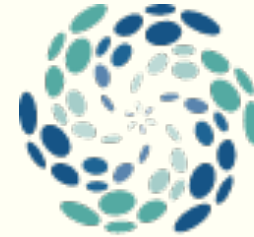
- Improve clinical outcomes and prevention strategies to build health
- Increase patient satisfaction and engagement
- Reduce MD stress and burnout



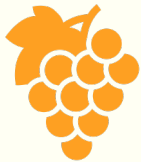


AMERICAN COLLEGE OF Lifestyle Medicine

&



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®



Diet: Whole foods,
plant-based diet



Moderate exercise



Stress
management



Love, social
support and
intimacy

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Benefits of Lifestyle Medicine

Reversals in:

- (even) Severe coronary heart disease
- Type 2 diabetes
- Reverse, slow, or stop progression of early-stage (non-aggressive) prostate cancer
- High blood pressure
- Elevated cholesterol levels
- Obesity
- Some types of early stage dementia
- Some autoimmune conditions
- Emotional depression

Ornish, Dean and Ornish, Anne. *Undo It: How Simple Lifestyle Changes can Reverse Most Chronic Diseases*. 2019

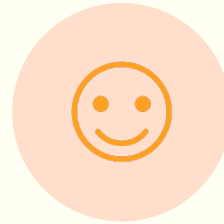
Mindful Mind



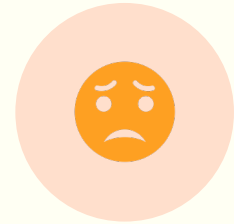
MEDITATION IS
GOOD FOR:



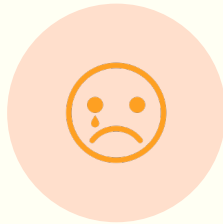
IMPROVING OUR
MOOD



INCREASING
POSITIVE
EMOTIONS



DECREASING
OUR ANXIETY



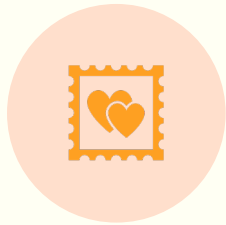
DECREASING
EMOTIONAL
REACTIVITY



JOB BURNOUT

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Mindful Body



MEDITATION BENEFITS
OUR:



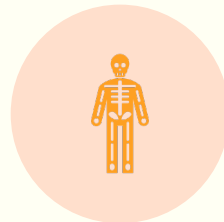
HEARTS-TO TREAT CAD
AND PREVENT IT



BRAINS-MAY MITIGATE
COGNITIVE DECLINE



IMMUNE SYSTEM-
DECREASED
INFLAMMATORY
MARKERS AND CELL
DEATH



AGING-TELOMERE
LENGTHENING IN
MEDITATORS

My Coaching Process



REFERRAL



ASSESSMENT



INITIAL
SESSION



CREATE
HEALTH VISION



SET GOALS



SMART GOALS

Elements of coaching psychology

Building Self-determination

The role of neuroscience in building new behaviors

How positive psychology helps

The role of non-judgmental appreciative inquiry

How to communicate non-violently

Using client-specific measurement tools

Transtheoretical Model Stages of Change

- No, I can't or I won't
- Maybe I will
- Prepare, plan
- Just do it
- You've got this

Pre-contemplation

Contemplation

Preparation

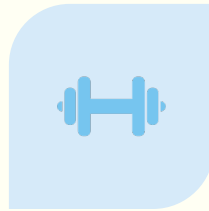
Action

Maintenance

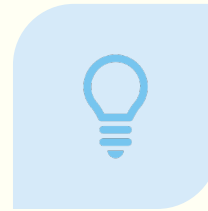
Coaching “Mechanisms of Action”



**A GROWTH-
PROMOTING
RELATIONSHIP**



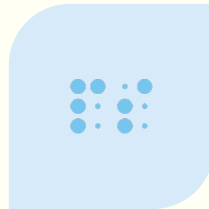
WE USE A STRENGTH-
BASED APPROACH



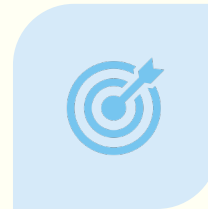
YOU HAVE POTENTIAL
TO BE CREATIVE,
RESOURCEFUL,
RESILIENT



YOU HAVE CAPACITY
TO SELF-REGULATE AND
OPTIMIZE HEALTH AND
PERFORMANCE IN LIFE
AND WORK

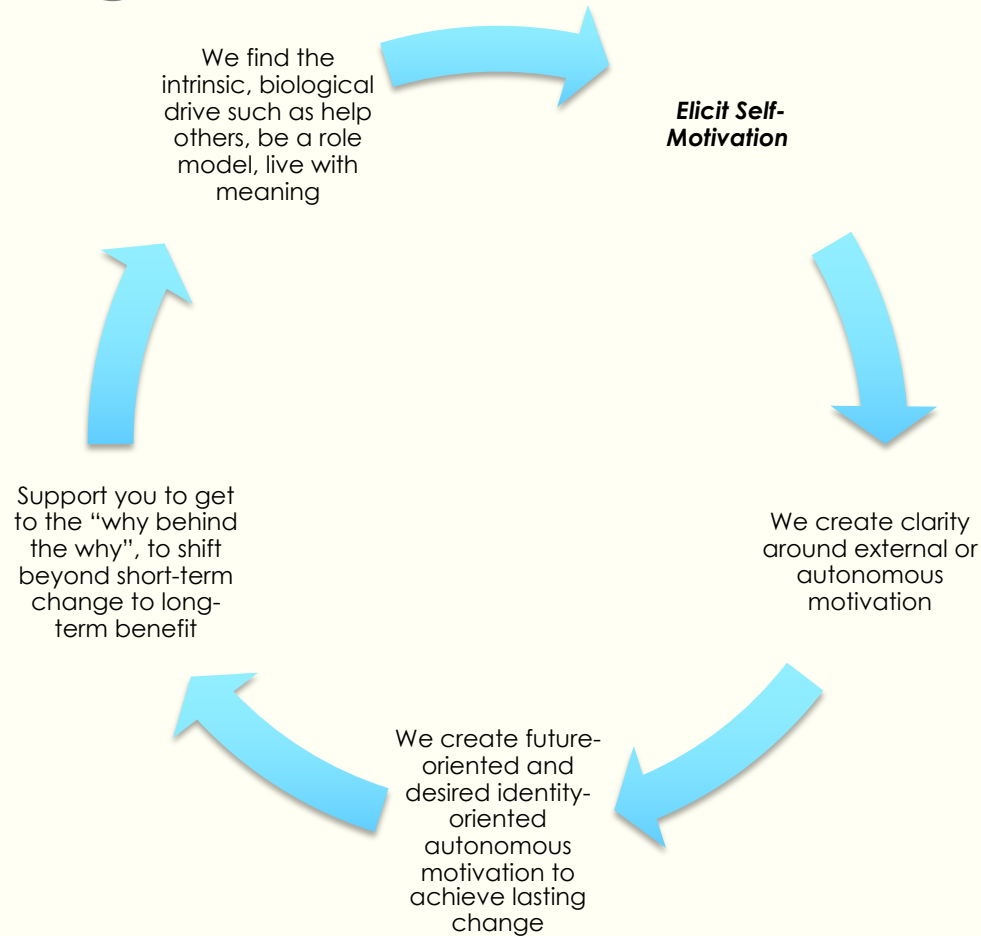


YOU ARE NOT BROKEN,
NEEDING TO BE FIXED



WE CLARIFY GOALS
AND ASPIRATIONS

Coaching “Mechanisms of Action”

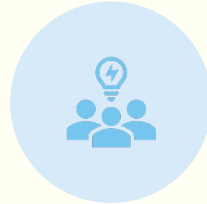


Coaching “Mechanisms of Action”

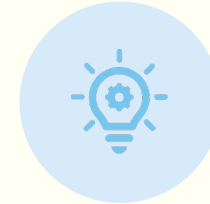


BUILD CONFIDENCE

WE CREATE SMALL
SUCCESSSES TO BUILD
YOUR BELIEF THAT YOU
CAN MAKE
SUSTAINABLE CHANGE



POSITIVE EMOTIONS
LEVERAGE
CONFIDENCE BY
LOOKING THROUGH A
GLASS-HALF-FULL



WE SPARK AUTHENTIC
POSITIVITY AS A
RESOURCE FOR
CREATIVE
BRAINSTORMING TO
OVERCOME
SETBACKS/CHALLENGE
S



WE TAP THE
COMPETENCE FROM
ONE AREA OF LIFE TO
USE IT IN AN AREA OF
CHANGE



WE APPLY VALUES,
STRENGTHS AND
TALENTS TO BEHAVIOR
CHANGE USING A
POSITIVE APPROACH

Coaching “Mechanisms of Action”



Process of Change



Create a vision for your optimal self



Design experiments, goals and action plans to move you toward actualizing your vision



Create specific behaviors to cultivate and hold you accountable; measure success



YOU determine how you want to be accountable



Create relational flow-where you shift perspective, gain insights and new ideas

We Grow Compassion

Self-compassion: how to calm the inner critic

Self-compassion leads to Self-determination, better health outcomes

Self-compassion Scale (Kristin Neff)

Self-compassion to overcome shame (Brené Brown)

Mindful Communication



Make observations, not evaluations



Express feelings, not thoughts



Identify needs, not strategies



Make requests, not demands



FLOURISHING

A state where people experience positive emotions, positive psychological functioning and positive social functioning, most of the time, living within an optimal range of human functioning.

Questions? Comments?

THANK YOU

