

Most Influential Health Coaching Australia slide.

I remember something that went around via email a few years ago. It was some profound saying by the Dalia Lama and went something like:

” if you cannot do well to others, at least do them no harm”.

Over the many years as an Accredited Exercise Physiologist and Health Coach, I have tried to apply a similar principle when working in my professional capacity.

This also includes dealing with people in day to day life, including family members and friends.

Doing no harm and keeping the door open for me means operating from a Health Coaching Model.

Doing potential harm and perhaps closing the door means operating from a Traditional Care Model.

<i>Traditional Care Model</i>	<i>Health Coaching Model</i>
• Health professional as expert	✓ Client as expert in own life
• Client told what to do	✓ Client offered information but chooses own solutions
• One size fits all solutions	✓ Individually tailored solutions
• Extrinsic motivators	✓ Intrinsic motivators
• Client required to facilitate change	✓ Collaboration & assistance in facilitating change
• Ignores barriers to change	✓ Addresses barriers to change
• ↑ Resistance to change	✓ ↓ Resistance to change
• Goal setting overload	✓ # & magnitude of goals to suit client

© 2006-2009 Health Coaching Australia

This one slide from Health Coaching Australia has had the greatest impact on me from all of the great information provided and it can be applied to working with individuals or groups.

I simply divide the slide in half and ask myself the question:

“which side are you operating from?”

It has taken some time over the years to move away from a traditional model of care (often what is taught at University and perpetuated in the health system).

It has certainly been well worth the journey to move to the other side of the slide, both in terms of overall job satisfaction and positive patient / client outcomes.

The Health Coaching Model is being applied to our group Life! Program (for those at risk of developing diabetes in the future). Our program is one of the most successful in VIC to date, both in terms of people coming back for sessions and making small lifestyle changes that they chose for themselves.

In a 20 minute consultation, there is plenty of time to operate from the Health Coaching Model side of the slide.