



**Enabling Wellness | Improving Life** – *coaching for health and lifestyle change*



## Enabling Wellness 1

### Skills for health professionals to help patients/clients make changes

#### Target

Nurses, Allied Health and Medical Professionals working with patients/clients whose health will benefit from lifestyle and health behaviour changes.

**As a health professional do you support patients/clients to... ..**

- *Self-manage chronic conditions e.g. heart disease, diabetes, hypertension, lung disease?*
- *Comply with and adhere to prescribed medicines and/or treatments?*
- *Change health behaviours e.g. eat healthy, be active, quit smoking, maintain healthy weight?*

Do you recognise when patients'/clients' are ready to change and opportunities to support them?  
Can you apply proven skills and techniques for successful health behaviour change?

#### Why 'enabling wellness'?

Health education is a fundamental part of care, recovery and rehabilitation. The top five chronic diseases require health behaviour change to improve prognosis and quality of life. Information and advice-giving approaches alone can increase resistance, fear and generate a sense of hopelessness. The patient/client is the best source of information for personal behaviour change; they know the details of their lifestyle, family situation, the barriers and strategies that are likely to work best for them. Using approaches that are patient-centred and empowering lead to significantly better outcomes - fewer readmissions (up to 30%), compliance with medications and treatment, confidence and coping skills, reduction in risk factors and symptoms, fewer deaths, and increased satisfaction. Every patient encounter is an opportunity to enable change, so it makes sense for staff at point of care to be adequately trained in techniques to support patients/clients to successfully change.

**This workshop provides an introduction to theory and practice in:**

#### Understandings

- Readiness for change (stages of change)
- Cognitive behaviours
- Self determination
- Motivation

#### Techniques

- Enabling techniques
- Motivational interviewing
- Solution focused goal setting
- Cognitive behaviour techniques

#### Enabling competencies/ skills

- Reflective listening
- Match interventions to readiness
- Decisional balance
- SMART goal setting and action planning
- Identification of barriers and problem solving

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**Guiding Individuals, teams and organisations to achieve their goals and be effective**



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### **Enabling Wellness 2** **The Path to Wellness – support for people to live healthy lives**

#### **Target**

Anyone (patients, clients and others) whose health will benefit from lifestyle and health behaviour changes.  
(Small groups by appointment)

#### **Do you have clients who want to... ..**

- *Make health behaviour changes e.g. healthy eating, weight and exercise, quit smoking?*
- *Reduce their risk of illness and chronic disease?*
- *Self-manage and reduce symptoms of chronic conditions such as heart disease, diabetes, hypertension, lung disease?*

#### **Do you find it difficult to make enough time to support them?**

#### **Do you know what skills they need or have for successful health behaviour change?**

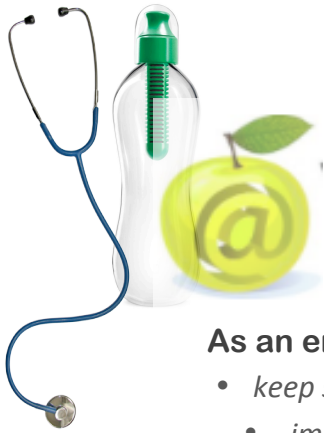
#### **Why “The Path to Wellness”?**

Clients are encouraged to be active in decisions about their wellbeing and to self manage their health. In reality they can be overwhelmed by the wide-ranging, and often-conflicting information they encounter from various sources, as well as the prospect of making what may seem like gigantic changes. Research shows that the provision of information and education alone has only partial success in translating to actual changes. Those who are supported to make informed decisions that suit their lifestyle, personality, family situation and personal desires, using proven approaches are more likely to make lasting changes. Nowadays, it is accepted practice for people who want to make significant changes in their health, fitness, career, relationships or other aspects of their lives, to enlist the support of a coach to improve their chance of success. Busy health professionals and others, are often unable to provide the support needed to enable patients/clients achieve their personal goals.

#### **This program provides:**

- Commitment to client empowerment and client-centred practice
- One-on-one unbiased support for individuals wanting to make positive changes
- Balance of challenge to confront assumptions, barriers, excuses and self doubt
- An ‘accountability partner’ and client advocate for the individual’s ability and right to achieve wellness
- Use of proven techniques and skills
- Framework for mapping progress over time

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**ENABLING WELLNESS 3**

**WellWorks People – *staff at their best***

**Target**

**Employers** who want to create a healthy workplace and promote staff wellness

**Employees** who want a healthier workplace and work-life balance.

**As an employer do you want to... ..**

- *keep staff motivated and engaged at work?*
- *improve productivity, retention and satisfaction?*
- *reduce absenteeism, presenteeism and attrition?*
- *inspire a workforce that's resilient, healthier and happier?*
- *be an employer of choice?*
- *reduce worker's compensation costs?*

**As an employee do you ... ..**

- *feel healthy, fit, happy and well rested at work and generally?*
- *get excited about your job and look forward to coming to work?*
- *get on well with all your colleagues, customers and others you encounter at work?*
- *need a morale boost at work?*

**Why 'WellWorks People'?**

Employers are in an perfect role to promote healthy workplaces and change the way staff think about the impact of their health on their work. There is increasing awareness in government, corporate and business circles that having a proactive health support system for staff is rewarding for businesses, organisations and individuals. Proven benefits include increased staff motivation and engagement, retention, satisfaction and reliability, performance, productivity and efficiency. The cost of sick leave and absenteeism alone is exorbitant and on the increase. The burden of presenteeism, where staff turn up but are not engaged, can be equally high as disengaged staff are less productive, make costly mistakes or omissions, or provide poor customer service resulting in complaints, loss of sales and customers. With people being the most valuable resource in any business it's well worth investing in their health and wellbeing.

**This program provides:**

- A tailored system that fits the needs of you and your staff
- Integration into the local context and resources
- Tools to identify individual needs and to make changes towards a healthier life
- Individual or group coaching
- Use of proven techniques and skills
- Framework for mapping progress over time

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