

## **Class 1 Outline**

Arrive early for room set-up.

Have large post-it poster papers placed on walls around the room with visual statements that include:

- Mission Statement
- Explanation of Vision Statement (“Group coaching is an opportunity to take the dreams you have for your life and put them into a workable plan with the help of a professional ally and fellow group members.”)
- Outline of Session One Agenda
- What are you hoping to get out of this program
- What are you most concerned about?
- What would be of greatest value to you during this time?
- Who will help you on this journey?
- Have participants write the answers on small post-its and then walk around the room and paste on the larger sheets. This may help with engagement and also give good feedback and something to compare at the end when we ask for evaluation.
- Have table tents/markers available for participants to write their first names/or what they like to be called (collected by coach at the end of each session and used again).

## **Class 1 Outline – Introduction to Group Coaching and Goal Setting**

- Coach’s Welcome and Program Introduction
- Naming the elephant (if there is one – i.e., having to take an Alternative Program to earn Rewards)
- Explanation of the group coaching process – what it is/what it is not (i.e., support group)
- Ice Breaker Exercise and Group Introductions (could be: tossing a ball, passing something around)
- Establishing agreements, i.e., around safety, confidentiality
- Review workbook and resource manual with tools (explaining that some will be used today/others during the future session and some are helpful handouts/resources for review)

### **Session 1      Agenda**

10 Minutes      Welcome - Program Guidelines - Coach - Participant Introduction – (have them fill out their name tent card/collect at end of the session)

10 Minutes      Exploration Process using Wheel of Life (pair people up to discuss with each other and form buddy relationship (call it something else if you wish, i.e., neighbor)

- 5 Minutes      Creating a Well Life Vision (explain what this is/why it's important)
- 5 Minutes      Focus Tool – Readiness for Change (refer them back to their Wheel of Life)
- 10 Minutes     Goal Setting (have them stick to 1 goal per month) – bring in MAP (**M**easurable, **A**ttainable, and **P**assionate)
- 10 Minutes -   Action Planning (3 – 4 actions that will support the goal)
- 5 Minutes-     Discuss Buddy Prep Sheets – Explain how to use and have participants exchange information if they agree
- 5 Minutes      Wrap Up

### **Outline**

#### **10 Minutes    Welcome and Introductions (10 minutes)**

- Coach sets the tone with self-introduction/background, i.e., health educator/nurse/specialty – explaining role of health coach as guide on the journey to wellness.
- Coach reviews guidelines and asks for agreements on: attendance, being on time, confidentiality, feeling comfortable speaking up, allowing everyone to have a voice, self-care etc.
- Coach invites participants to go around the room and introduce themselves and state which organization they are with – and what they hope to get out of the sessions – Possible Ice Breaker Exercise.
- Coach explains the holistic Wellness Mapping Model and above steps that will be covered at each session.
- Coach introduces/explains the benefits of the group coaching, peer support etc. Refer to Vision Statement.
- Brain storming – post-it exercise - ask participants place their comments on the wall after they reflect on the following:
  - What are you hoping to get out of this program – what are your fears – what are your expectations – who will support you on this journey?
  - What topics would be of interest for the teaching elements of classes 2-3.? This question could also be on a poster paper for small post it notes. Categories, i.e., nutrition, stress management, exercise etc.

#### **10 Minutes    Exploration - Wheel of Life (10 min)**

- Exercise is in book - give instructions on how to complete.
- You may want to pair people up to discuss while coach prompts them with the following reflections. "Turn to the person on your left and take a few minutes to discuss what you discovered while doing the wheel".
- Reflection: Were there any surprises for anyone by doing the wheel of life exercise (no need to speak out-but fine to do so if comfortable)?
- Reflection: Is it possible to view your wheel from the perspective of your strengths rather than your weaker areas (no need to speak out)?
- Coach reminds participants that they can work with this person as they begin to create their goals/action plan and outside of class to support one another.

**5 Minutes Well Life Vision – Laying the Foundation for Success (10 minutes guided written exercise)**

- Explanation with guidance
- Have the participants write it down.
- Reflection: Coach invites participants to visualize their well life vision – share if they like but not necessary – hold that in their vision over the months ahead.

**Guided Reflection – In Your Life,**

- Reflection what would you be doing more of?
- Reflection what would you be doing less of?
- Reflection who would be included in your well life?

**5 Minutes Focus Tool – Readiness for Change Tools in Building the Foundation for Success**

- Reflection: What areas of your life with you focus on?
- Reflection: Where do you see yourself currently in this area?
- Reflection: What is it you want or how do you want it to be?
- Reflection: How ready are you to make this change?
- Use the readiness for change scale if appropriate

**10 Minutes Goal Setting**

- Coach explains the importance of keeping the Well Life Vision in mind while Mapping their journey through goal setting and action planning.
- Coach explains again the MAP process and SMART Goals concept and the importance of setting realistic goals – baby steps – reminding the participants they are building a foundation.
- Staying with 3 small goals (one for each month) breaking the action steps into 3 as well.
- Coach explains/refers to the Power of Habit (handout) or Gremlin Talk.

### **Guided Reflection**

- Reflection: When setting goals for yourself, do you often look at this from a realistic perspective or always the same perspective?
- Reflection: What is one action you can take today to stretch your comfort zone?
- Reflection: What gets in the way of your success – really gets in the way?
- Reflection: What might be another way of approaching your goal?
- Reflection: What needs to shift?
- Reflection: Is it possible to approach things from a different perspective? (demonstrate nine dots exercise)

### **10 Minutes Action Planning**

- Coach explains MAP concept, keeping in mind that action plans should be measurable, attainable, something they are passionate about, and inspires them in the direction of their goal.
- Coach introduces action planning worksheet and explains how to use it, the purpose of writing the action down and having a buddy reinforce their commitment weekly with check-in.
- Participants identify 3 actions that are doable and will move them towards their goal.

### **10 Minutes Wrap Up – Feedback – Buddy Coaching - Homework Assignment**

- Coach asks participants to identify specific topics that they would like/agree to as part of the teaching element for the next two sessions, i.e. nutritional based, stress reduction, exercise.
- Coach suggest possible homework exercise – nine dots or self-permission/self-denial survey – exploring one of the resources in the resource booklet and reporting back at the next class.
- Coach asks for last minute check-in, questions and feedback – what worked – what didn't work (maybe have post it exercise for this)
- Coach reminds participants of the next session
- Coach reminds participants that they are welcome to call or email coach with any related questions or concerns.
- Participants can again rate their confidence level (Readiness for Change 1-10 scale).
- Suggest that participants can perhaps make the weekly or bi-weekly check-in with buddy coach a part of their action plan.
- Coach instructs how to use Buddy Coaching prep forms
- Buddy coaches share contact information etc. and set time/dates around action plan check in.