

Class 3 Outline

- Arrive early for room set-up.
- Have poster paper on the wall with the following suggested headings:
- How will you continue your journey?
- What will continue to support your positive lifestyle change?
- What positive changes have come about through these three months?
- What will you do to celebrate your successes?
- How would you summarize this journey?
- How has it felt to have created a Well Life Vision?
- How was it to have a buddy to check in with regularly?
- Complete evaluation
- Make sure Alternative Form has been signed – collect to submit to WebMD

Overview

This is the last session of the 3 group coaching sessions. Remind participants that this is only a small sample of what health and wellness coaching is all about. You want to celebrate the completion of the program and encourage an informal connection between the group participants. You may want to suggest ways that they could stay connected. Examples may include: taking classes together, going for regular walks, sharing a mindful lunch at work, or continuing to do their buddy coaching. Brainstorming ideas could be fun and creative if the group is open to it. You may want to introduce an activity that would allow each member to express how they feel about the group ending, the process, and what changes they have made.

You want to have resources, local and general, available for the participants to take with them (Review the resource book that has been created and have folks comment on what they have found helpful, or would recommend to others).

Theme:

Inspiration
Commitment
Celebration

Activity:

Revisiting the Well Life Vision
Redoing the Wheel of Life (have hand out copies on hand)
Discussion

Discussion/Review:

- Using post it notes, have participants reflect on the wall poster questions and have them do a walk-about placing their comments.
- How did having your own Well Life Vision Inspire you?
- How has the tracking and buddy coaching been going for you?
- What kind of support and accountability will you need going forward?

In Depth Group Process – Strategize the following: (Suggestions: working with buddy and then coming back to the group to discuss. This could also be on poster paper on the wall and have members write their ideas on post it notes and display answers on the wall.)

- What do you do when the plan is challenging and you do not follow through?
- How do you alter the plan when you are not getting the results you want?
- Who can support your well life vision?
- How will you reward yourself when you reach small success?
- Going forward, how do you acknowledge (celebrate) or know when you have achieved your goals?
- What is next?
- How will you keep the Well Life Vision growing?

Teaching Element:

- Review the MAPPING Goal Setting process (Power Point available if needed)

Ending:

- Writing down 3 personal goals for the next three months (sealed in self-addressed envelope that will be mailed by coach)
- Exchange numbers (if they like)
- Have participants complete group coaching evaluation form and Alternative Form – collect and fax to WebMD (THIS IS VERY IMPORTANT)
- Offer an inspirational poem or reading as way of celebrating the final class (Suggestions: Trust the River. Pg. 102 in the Paths of Wellness Guided Journal, Michael Arloski)