

*Using Self-coaching to
Achieve Your Health and
Wellness Goals*



Objectives

- Define self-coaching and healthy living.
- Actively learn how to use self-coaching to achieve your health and wellness goals.
- Discuss what self-coaching can do for you.

What is Self-coaching?

“A new approach to alleviating life’s struggles, which combines changes in thinking with a motivational plan for personal empowerment.”

The Self-coaching Process

Create a wellness vision

Change your thoughts

Make an action plan

Reach out for support and accountability

Evaluate progress and address barriers



What is healthy living?

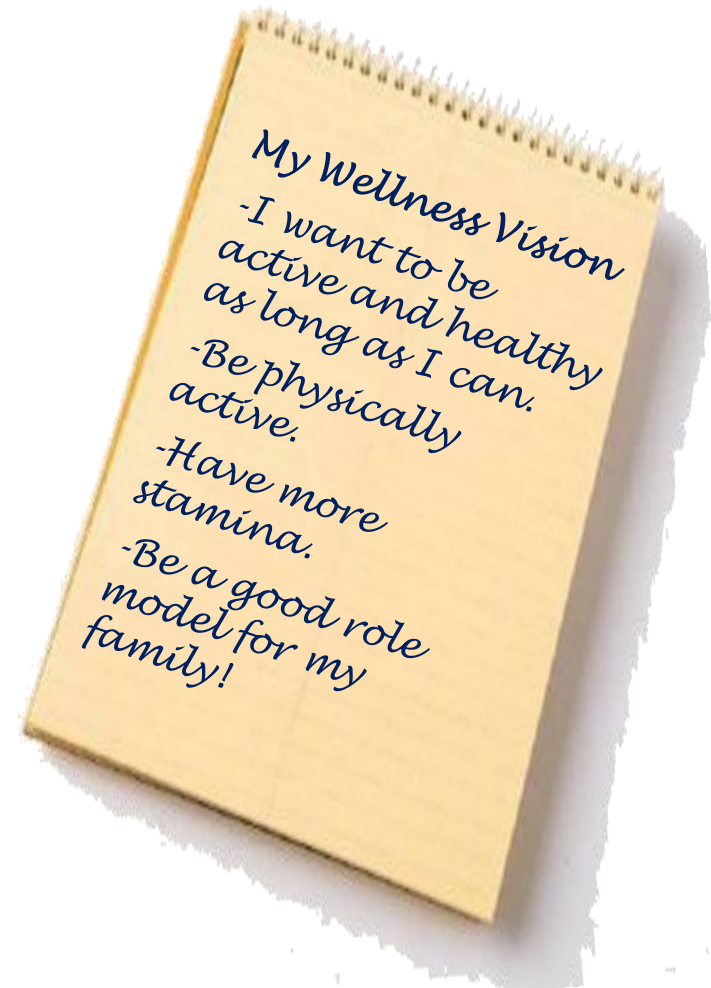


Self-coaching Steps

Step One: Create a wellness vision

– Be specific and positive

- What do you want when it comes to health and wellness?
- What do you want to do more consistently?
- What do you want to happen as a result of this change?
- Why does this matter to you?



Self-coaching Steps

Step Two: Change your thoughts

"I've succeeded in other areas of my life, I can be successful at eating healthy."



- Deciphering your thoughts—determine fact from fiction
- Changing your inaccurate thinking that's holding you back

Self-coaching Steps

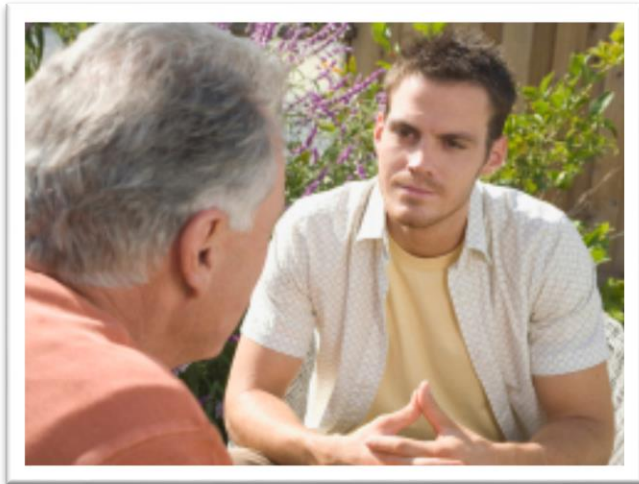
Step Three: Make an action plan

- Define your goals
 - **S**pecific
 - **M**easurable
 - **A**ttainable
 - **R**ealistic
 - **T**ime-bound



Self-coaching Steps

Step Four: Reach out for support and accountability



- Find your support system
- Share your plan
- Ask for feedback

Self-coaching Steps

Step Five: Evaluate progress and address barriers

- Journal progress
- Identify and address barriers/challenges
- Create a “What Not to Do” list
- Reflect on your successes

Success!

What Self-coaching Can Do for You

Provide an honest evaluation of yourself

Get an honest feedback from others

Evaluate your efforts

Promote self-awareness

Encourages self-encouragement and self-compassion

Uncover your purpose

Your Employee Assistance Program

**Call toll-free or visit us at
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24 hours a day/7 days a week

Thank you!

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