

Health Coaching

Name: John McArthur

Date: August 20, 2022

Program name: Healthy Habits for Life

Coaching sessions and program objective

The objective of this coaching program is to help John adopt healthier lifestyle habits and improve his overall well-being. The program will consist of 10 coaching sessions over a period of 3 months.

Initial assessment

In the initial assessment, John's current health status, medical history, lifestyle habits, and fitness level were evaluated. We discussed his motivations for seeking health coaching and identified areas for improvement.

Goals

Improve nutrition: Increase daily intake of fruits and vegetables, and reduce consumption of processed foods and sugary beverages.
Establish a fitness routine: Engage in at least 30 minutes of moderate exercise five times a week.
Manage stress: Implement relaxation techniques, such as meditation or deep breathing, to cope with stress more effectively.
Improve sleep quality: Aim for 7-8 hours of quality sleep each night.
Enhance work-life balance: Set boundaries and allocate time for hobbies and personal interests.

Action Steps

1. Schedule a follow-up appointment with a registered dietitian to create a personalized meal plan.
2. Join a local gym or fitness class and develop an exercise routine.
3. Practice mindfulness exercises for stress management.
4. Establish a bedtime routine to improve sleep hygiene.
5. Set aside specific hours for work and personal time, and avoid over-committing.

Coaching structure

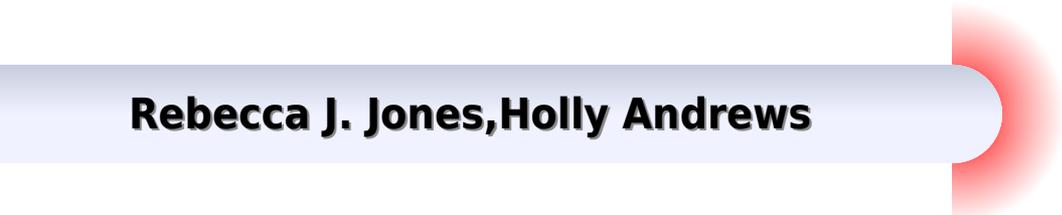
The coaching sessions will take place every two weeks, allowing enough time for John to implement action steps and make progress. Each session will last for one hour and will be conducted either in-person or through video conferencing.

Resources

Nutritional guide and meal planning templates
Exercise video tutorials and workout plans
Stress management techniques and relaxation audios
Sleep hygiene tips and strategies
Work-life balance assessment tools

Health Coaching Session Forms

Rebecca J. Jones, Holly Andrews



Health Coaching Session Forms:

Nurse Coaching Barbara Dossey, Susan Luck, Bonney Gulino Schaub, 2014-10-20 Nurse Coaching Integrative Approaches for Health and Wellbeing By Barbara Montgomery Dossey Susan Luck and Bonney Gulino Schaub Paperback October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative integrative holistic and integral nurse coaching model This user friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client patient It can be used in all healthcare environments and implemented in diverse settings including hospitals communities and private practice In this book you will find theories and strategies to help you Theory of Integrative Nurse Coaching Integrative Nurse Coach Leadership Model Integrative Nurse Coach Process and Competencies coaching conversations case studies and coaching journeys with clients patients bio psycho social spiritual cultural environment model of nurse coaching evidenced based coaching methodologies and practices nutrition and environmental coaching skills Integrative Health and Wellness Assessment nurse coach guidelines for practice education research healthcare policy and advocacy and integrative lifestyle resources and toolkit This book is for all nurses and other health care providers seeking coaching knowledge and skills For information on the Integrative Nurse Coach Certificate Program go to www.inursecoach.com/inccp Coaching Parents of Young Children with Autism Sally J. Rogers, Laurie A. Vismara, Geraldine Dawson, 2021-04-20 A growing body of evidence supports the benefits of high quality parent interventions for building social and communication skills in 0 to 5 year olds with autism spectrum disorder ASD How can clinicians coach parents to effectively incorporate learning opportunities into daily routines at home From preeminent experts this practical book explores the role of the coach and reviews the whats whys and how tos of successful collaboration with parents Topics include structuring coaching sessions identifying children s needs facilitating playful engagement and deepening parents understanding of how they can boost skills development during everyday activities Seventeen reproducible handouts and forms include the multipage P ESDM Infant Toddler Curriculum Checklist ideal for use in telehealth assessments Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size *Corporate Wellness Programs* Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts examining the planning implementation and evaluation of wellness initiatives in organizations and offering guidance on how to introduce these programs in to the workplace Nutrition and Neurobehaviors Lina Begdache, Nafisa M. Jadavji, Nazlı Nur Aslan Çin, 2025-10-03 Recent advancement in the field of imaging has demonstrated the impact of diet quality on brain structure and functioning Therefore diet quality and or nutrient deficiency can affect brain function at different levels neurotransmission homeostasis neuroinflammation and neurodevelopment among many more Nutrition and Neurobehaviors is looking for high quality fundamental and clinical research across the fields of nutrition brain function and behaviors linked

to brain functions that include but are not limited to Nutrition and neurocognitive function in health and disease Effects of dietary patterns on mental health resilience stress and motivation The impact of nutrition on mood and cognition in men and women Nutrition and neurodevelopment Nutrition and the aging brain of men and women Impact of food insecurity on mental health resilience stress and motivation Sex and age differences in mental health and other neurobehaviors In order to build a holistic picture all types of manuscripts are welcome From in vitro to in vivo and clinical research to different types of reviews

Foundations of Sports Coaching Ashley Gill, 2021-05-03 The fully revised third edition of the popular Foundations of Sports Coaching textbook aims to provide a comprehensive and engaging introduction to the practical and theoretical principles that underpin the sports coaching process from both a participation and performance perspective The focus of this contemporary edition is to bridge the gap between practical sports coaching delivery and the conceptual theories that underpin a sports coach's practice It provides a wealth of real world examples and up to date case studies from a wide range of sports to support the developing practitioner and help sports coaches understand how to apply key concepts and theories to their practice In addition there are countless practical coaching tips techniques and strategies to further support sports coaches in their practice and development The book will provide the reader with the skills knowledge and background they will need to prepare athletes and sports people technically tactically and strategically covering the key components of a sports coaching related undergraduate course including the continuing professionalisation of sports coaching the International Sports Coaching Framework I C C E the fundamental skills of a sports coach how to coach populous groups coaching philosophy coaching pedagogy creating a positive learning environment talent ID and sevelopment the reflective coach performance analysis to support coach feedback This third edition updates the style of previous versions with all new chapters focusing upon international professional practice frameworks coaching philosophy coaching pedagogy talent identification and development and reflective practice All of these are critical for the contemporary practitioner to understand in order to ensure they provide the best possible coaching environment for their athletes to develop and succeed No other introductory textbook explains the importance of a holistic approach to sports coaching practice This is an essential companion to any sports coaching course

Key Topics in Coaching Psychology Rebecca J. Jones, Holly Andrews, 2025-07-30 Offering a concise and easy to read introduction to the subject this book deals with key topics in the study of coaching psychology It explains what coaching psychology is when and why it is used and what research can tell us about how and why it works The book opens with an exploration of the key foundations of coaching psychology including how it is defined where it began and how has it developed This is followed by an overview of the key theories informing coaching psychology person centred theories goal setting theory adult learning theory and the main theoretical approaches to coaching behavioural coaching cognitive behavioural coaching psychodynamic coaching and systemic coaching The authors discuss the key methodologies used in coaching psychology research covering both quantitative and qualitative approaches before exploring

the impact of coaching psychology on five areas of practice coaching in the workplace career coaching coaching in education life coaching and health coaching Finally they suggest future directions for the field by examining emerging areas in research and practice Academically informed and fully integrating key theories with application in coaching practice this book gives readers a comprehensive yet accessible understanding of coaching psychology Key Topics in Coaching Psychology is the ideal resource for undergraduate and postgraduate students of coaching psychology and occupational psychology business and leadership as well as anyone with an interest in learning more about coaching psychology *Food Service Manual for Health Care Institutions* Brenda A. Byers, Carol W. Shanklin, Linda C. Hoover, 1994-03-29 This classic in the operation of food service departments covers OSHA guidelines management skills development menu planning product selection facility design and equipment selection *Announcement* Columbia University. Extension Teaching, 1926

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coaching sessions is to identify your client s goals They can be short term goals or long term goals They can be from one category or all of the categories Once you have your client s list of goals help her him arrange them in the order of priority Ongoing Coaching Sessions These are ongoing coaching sessions You may continue each session using the form provided Each coaching client will have twelve Ongoing Coaching Sessions Forms This is a coaching journal for all your results coaching strategies the diary for life coaching It will be useful for the Christian life coach Muslim life coach and any religion Coaching is coaching By using this recovery notebook you will ultimately help your clients patients or students to thrive and live the lives they have always wanted As you provide support for someone you care about you will find an abundance of coaching resources in these pages Because of its impact on lives some say this book should have cost thousands of dollars This book will make your coaching practice easier and manageable You are about to touch your clients lives in special ways

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