

Understanding of The Wellness Coach and My Approach

The article by Jordan and Livingstone discusses the advantages of observing the roles of health coaching and psychotherapy in client growth. From this paper, I learned that wellness coaching is supported by evidence-based scientific research in the fields of social psychology, health promotion, organizational leadership, behavioral and positive psychology, and neuroscience studies. I also learned that health coaches borrow knowledge from positive psychology to help their clients find their potential. An example of this is to identify a client's intentions and increase activities around those goals. The importance of the health coach to take part in self-care is also important to their contribution to their clients. I was able to find a paper by Ayala et al. that reinforces the importance of self-care by observing stress and quality of life in medical students practicing self-care. Nutrition, physical relations, spiritual growth, stress management, and health responsibility were covered. Health coaches can bring these techniques into their clients' lives, making use of mindfulness practices and mind-body relaxation therapies such as guided imagery, medical hypnosis, and conscious breathing exercises. Motivational interviewing is also a way for health coaches to guide clients to understanding their reasons for wanting change in a way that prioritizes self-efficacy. This attention to self-efficacy can be implemented through methods such as asking clients for permission before introducing them to new knowledge. Additionally, the use of strength-based focusing techniques, a method that focuses on potential rather than problem, can be useful for clients to overcome challenges and make small steps toward their goals.

With this new information in mind, I can see many ways in which I can broaden my wellness coaching practice. I was reminded by this paper to approach wellness coaching from a strength-based focus. I know it is important to trust the client and that progress is made at their own pace. Focusing patience during wellness coaching is an important part of accepting the client's own timing and being reminded of this has helped me be determined to intentionally apply this in my methods. Reading this article has also given me perspective in the role that wellness coaches have in a client's psychological health. As a wellness coach, it is my responsibility to understand when a client may benefit from psychotherapy in addition to wellness coaching. As a wellness coach, I can support clients in understanding and working toward their goals. This may sometimes lead to helping them reach out to a professional psychotherapist for goals involving specific traumas or disorders. With the role of the health coach now more clearly defined, I am excited to put into practice the things I have learned. I believe the first step is to commit to my personal self-care. As I work with clients that are looking to make positive changes in their lives, my health is important to guide them to those positive changes.

“U.S. medical students who engage in self-care report less stress and higher quality of life.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6080382/>