



# My Health Coaching Workbook (HCWB)

## ***VA WHOLE HEALTH COACHING: WHAT TO EXPECT***

### ***What is Whole Health Coaching?***

Whole Health Coaches help you focus on goals, identify strengths and values, and work on building the kind of life you want to live. Your health coach will help you choose and work on goals that are important to your life and health. For example, you may choose to focus on an exercise goal, while others want to find their purpose in life. If you are not sure about your goals, your coach can help you find an area to focus on.

“Whole Health” includes all areas of health: body, mind, personal development, community and surroundings, spirit and soul, social relationships, sleep, and nutrition. First you identify why you want better health. Then you and your coach explore different aspects of your life that can help you live your best life.

### ***What is the difference between a Whole Health Coach and other Health Professionals?***

Your whole health coach is not trained as a doctor, therapist, or clinician. Your whole health coach is trained to motivate, guide, and support you as you work towards your goals. Your whole health coach cannot diagnose illness(es), prescribe medication(s), or evaluate your mental and physical health condition(s) or symptoms. Additionally, your whole health coach is unable to provide treatment recommendations.

Coaching is not a substitute for care you would otherwise receive from your clinician(s). It is your responsibility to contact your clinician(s) or seek other healthcare if you have medical or mental health concerns. Coaching is not a substitute for the professional advice you might receive from legal, medical, financial, business, spiritual, or other professionals. Any decisions you make in these and any other areas are your responsibility and not the responsibility of the whole health coach.

### ***What is a coaching meeting like?***

Most Whole Health coaching meetings last 30-60 minutes. Your whole health coach may have topics ready to discuss based on your Personal Health Inventory; however, you play a vital part in setting the agenda.

A typical coaching session might include:

- Greeting and a recap of progress since last meeting
- Setting the agenda for the day
- Conducting a health / personal assessment and setting goals
- Creating a personalized plan for the week
- Discussing strategies for success

## ***What can I expect of my Whole Health Coach?***

Your whole health coach can help you set and achieve goals for your health and your future. Your coach is committed to ensuring that the time you invest in coaching is valuable and helpful to you. Your coach is open to your feedback about how coaching is working for you.

Your whole health coach may challenge you to think about what is really important to you and help you hold yourself accountable to achieving your goals. You are the expert on your life, so your honesty and participation are needed for you to achieve success. Your coach will listen to you without judgement. Your whole health coach will meet with you at the agreed-upon time and provide you full attention during the meeting.

## ***What is expected of me?***

Please be on time and ready for the meeting and talk honestly and openly with your coach. Please only share information with your whole health coach about which you are comfortable talking. You can refuse to answer any questions you do not wish to answer. It is all right to tell your coach, “I would prefer not to answer that” or “I do not want to answer that.” If you ever feel like your whole health coach does not understand you, it is your responsibility to tell your coach – this will not hurt your coach’s feelings. While you should be respectful, being honest about what you are thinking and experiencing is more important.

You and your whole health coach may use worksheets and other materials. Your whole health coach may also give you a Coaching Folder. Please bring your Coaching Folder to each meeting, along with a pen or pencil. Be sure to save your folder in a place you remember between meetings.

## ***Cancellations or missed meetings***

If you do not arrive at the agreed-upon time, your coach will try to contact you up to 15 minutes past the scheduled time. After 15 minutes, you must reschedule unless other arrangements are agreed upon with your coach.

If you know ahead of time that you cannot make the agreed-upon meeting time, please call the Whole Health Scheduling line 314-289-6583 at least 24 hours in advance to reschedule your meeting.

***If you are experiencing an emotional, mental, or physical concern or crisis***, you should contact the appropriate health care or emergency resources instead of your coach. Here are some options.

1. If it is not an emergency, call your clinician(s).
  - a. VA St. Louis: 314-652-4100
2. If it is urgent or an emergency:
  - a. Call the Veterans Crisis Line: 1-800-273-8255, then press 1
  - b. Call 911
  - c. Visit your local emergency department.

If you experience a crisis while speaking with your whole health coach, your coach may connect you to the Veterans Crisis Line, direct you to your local emergency department or call 911 on your behalf.

## ***Coaching Agreement***

My coach and I have reviewed the handout on what to expect from Whole Health Coaching. By agreeing to participate in Whole Health Coaching:

1. I understand that my health and the decisions I make are my responsibility.
2. I agree to engage fully and appropriately with my coach, as described above, to work towards my goals.
3. I understand that my coach cannot provide medical advice, diagnosis, or treatment for specific symptoms or medical conditions.
4. I agree to be available and prepared for my coaching meetings and to contact my coach within 24 hours of our scheduled meeting if I need to reschedule.
5. I understand that my coach will communicate with my medical teams to facilitate the best care.
6. I understand that if I express suicidal or homicidal thoughts, signs of abuse / neglect, or any other possibly unsafe behaviors, my coach must report those behaviors.
7. I understand that by making an appointment with my coach, I am agreeing to participate in Whole Health Coaching and all the responsibilities outlined in this document.

**1. My Mission, Aspiration, and Purpose (MAP):**

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**2. My Long-Term Goals for well-being:**

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**3. My Strengths (What's going well already):**

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**4. My challenges (area for improvement):**

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**5. My mindful awareness practices:**

Mindful awareness -Being fully aware, paying attention, in the present moment, without judgement. Being mindful, or aware, allows you to make conscious proactive choices about every aspect of your health. Mindfulness connects you to each component of your well-being, and to your whole self.

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## Envision a day in your life if you were able to achieve your goals

1. **For the below, State in the POSITIVE.** We tend to get what we focus on. Whenever we say “I want to stop biting my fingernails” our brain must first build a picture of what you DON’T want—bitten fingernails – In order not to do it. Try NOT thinking of an alligator biting your toe...

### EXAMPLES

Eg. “I have healthy fingernails” rather than “I want to stop biting my nails”

Eg. “I weigh 150lbs” rather than “I want to lose 20lbs”

2. **Stated in the PRESENT TENSE.** This helps the brain to assume you will be successful!

### EXAMPLES

Eg. On 30<sup>th</sup> September I have healthy fingernails/have a new job/am walking 2 miles

**Now, envision your goal. Describe a day in your life when you finally reach your goals:**

What is your day like? What are you able to accomplish?

**SMART Goal**                      **Focus Area** \_\_\_\_\_                      **Date** \_\_\_\_\_

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**Action Step 1:**

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**Action Step 2:**

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**Action Step 3:**

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**Accountability, how will I stay accountable?**

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**How Important is this for me to accomplish? (1-10)** \_\_\_\_\_

**How Confident am I that I can accomplish this is goal? (1-10)** \_\_\_\_\_

**My notes for today**

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**What have I accomplished so far? (look back through your goals if you need to)**

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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