

How to Get the Most from Health Coaching

It is important that you get as much benefit from our health coaching sessions as well as from the time in between. Outlined below are some of the things that you can do in order to maximize the value of your health coaching experience.

1. Focus on What You Really Want

Health coaching works best when you have clear goals that are based on what you really want to achieve. Firstly, it is important for you to consider deeply what you want your work and your life to look like. Secondly, it is important to identify the gaps between the way things are now and how you would like them to be. It is true that many people struggle with this, but the coaching relationship can help you work this through if necessary.

2. Understand that You Will Develop

Working with a Nurse Practitioner Health Coach is a definite way to grow and develop. Most clients take on a health coach to work on specific goals and much of their time and energy is directed towards this. However, the coaching relationship also may allow you to discover something more about yourself. This is just a natural consequence of the coaching process and you do not need to concentrate on it, but just recognize that it is likely to occur. Accelerated personal and professional growth is the hallmark of health coaching.

3. Increase Your Willingness to Step Up

Part of my responsibility is to ask a good deal of you. This is not meant to exhaust you or extend you beyond your bounds, but simply to ask more of you than perhaps maybe you have asked of yourself recently. It is important that you be willing to experiment with fresh approaches and work on expanding your self-awareness. I will encourage you to be honest with yourself, raise your personal standards and set higher goals. However, you are the best judge of what is right for you. Nevertheless, the more you are willing to grow and develop, the greater will be the benefits from health coaching.

4. Come Prepared to Each Health Coaching Session

To get the most value out of each health coaching visit is important that you prepare an agenda for each session. To that end, the "Coaching Preparation Form" may be of assistance to you. Preparing your agenda does not have to be time-consuming, but experience shows that if you spend 10-15 minutes preparing, it has a significant impact on our visit together. You are invited to e-mail me an agenda beforehand or simply bring it with you.

5. Complete Your Homework

After each session, you will decide on the actions or goals you want to focus upon. I expect you to keep the commitments you make and will work with you to make sure that you are setting worthwhile, realistic and achievable goals. If you know that you have a busy week or two ahead, your homework might be as simple as thinking about a new perspective. If you have more time, you might decide to handle a bigger task. Irrespective, I will hold you accountable and encourage you to do your best.

Policies & Procedures

1. Complete the Client Coaching Forms

I may also ask you to complete some assessments prior to our coaching together, but I will discuss this with you beforehand. You may complete these and send them back to me by email or bring them back for your next visit. Completion of all forms is a very important step in health coaching.

2. Complete the Coaching Contract

At our first session, I will go through the contract with you to make sure that you are very clear about the fees payable, issues of confidentiality and how we terminate our coaching partnership if necessary.

3. How We Meet

We will meet face-to-face for about 50-60 minutes as your schedule allows. The first visit we will spend getting to know each other and begin to focus on your goals and direction. Our face-to-face visits are best conducted in my office so that you are away from the distraction of what might be occurring in your own office or home environment and can concentrate on your own issues without interruption. Occasionally however, and depending on your work circumstances, it could also be appropriate utilize telephone coaching.

4. Cancellations & Appointment Changes

Scheduled health coaching sessions ought to be a priority. On the rare occasion when you need to reschedule, please let me know at least 24 hours in advance. Except in the case of an emergency, you will be charged for last minute cancellations or missed sessions. Either email me at heather.pitcher@med.mun.ca or call (709) 777-7795.

5. Value Added Service

If between visits, you cannot wait to share something, need to have a short conversation, have a challenge or just want to check something, please feel free to call or email (heather.pitcher@med.mun.ca). Please note, my day is generally caught up with my regular appointments, however, I would like to provide this extra level of service. There is no charge for this additional time, but I simply request that you might keep those extra calls to a maximum of around **5 to 10 minutes**.

I look forward to our time together.
In health,
Heather