

**Group Health & Wellness Coaching**  
**2015 ANCC National Magnet Conference®**  
 October 8, 2015  
 0800-0900  
 C802  
 Maria Schafer BSN, RN, CHWC  
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 Hendricks Regional Health - Danville, IN

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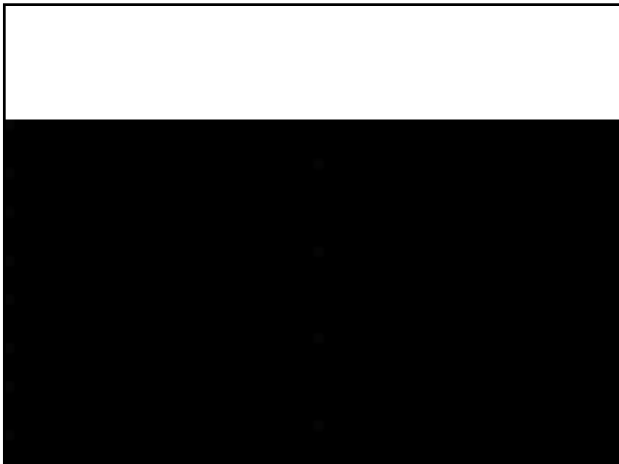
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## Wellness

About us.

- Nurses
- Certification: Wellcoaches® endorsed by the American College of Sports Medicine
- Mission:
  - Help people rise above barriers by making lasting change...

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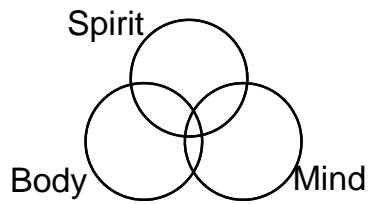
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*Wellness is more than a catch-phrase or  
flavor of the month.*



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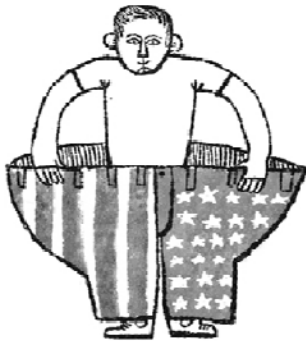
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## Obesity

65% of American adults  
are overweight.

**Half of those are  
considered obese.**



(Crawford, 2009)

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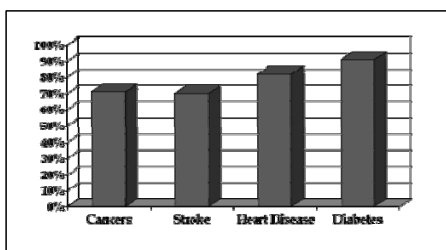
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## Chronic Diseases



Percent of chronic diseases caused by unhealthy lifestyle choices.

(CDC, 2012)

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Wellness coaching empowers individuals to:

- Take charge of their health and wellbeing
- Support healthy behaviors
- Create an environment of personal accountability

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### Lifestyle Behavior Choices



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Change the  
way you  
***think...***

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Imagine  
your  
**best**  
self...

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Strengths



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### Daily Challenges

Healthy choices?

Yes!

No.

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### STAGES OF CHANGE MODEL

PROGRESS

Precontemplation

Contemplation

Preparation

Action

Maintenance

RELAPSE

(Beck, 2004)

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### Goals

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(Doran, 1981)

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### Steps to Best Self




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### Strategies

With every lifestyle change the key ingredients include:

- ➔ a motivator
  - ➔ an obstacle, and
  - ➔ a strategy to overcome that obstacle.

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## How Coaching Works



(<https://youtu.be/UY75MQe4RUJ>)

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Whether you think  
**you can**  
or you think  
**you can't...**



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## Group coaching

**We discuss:**

- eating habits
- incorporating better sleep habits
- stress management
- increasing activity levels
- improving flexibility
- increasing movement through physical therapy
- management of chronic illnesses

Other resources include meditation & gratitude journaling.

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## Multidisciplinary Team

- ✚ PCP/ RN
- ✚ Dietitian
- ✚ Physical Therapy
- ✚ Exercise Physiology
- ✚ Sleep Specialist
- ✚ Stress management



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## Meet Jeff



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## Meet Connie



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Meet Jeanette



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Meet Alice



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Meet Marlene



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## Outcomes

Decrease in overall sense of fatigue levels: 68%



Increase in energy: 53%



Increase in activity: 61%



Increase in overall sense of well-being: 25%



Decrease in sleeplessness: 55%



Improved eating habits (portion control, more fruits, vegetables and calorie range): 74%



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## Outcomes



Approximately 70% of participants are now exercising regularly



Approximately 60% of participants have increased fruit and vegetable consumption

*Averages based on 120 participants since July, 2014.*

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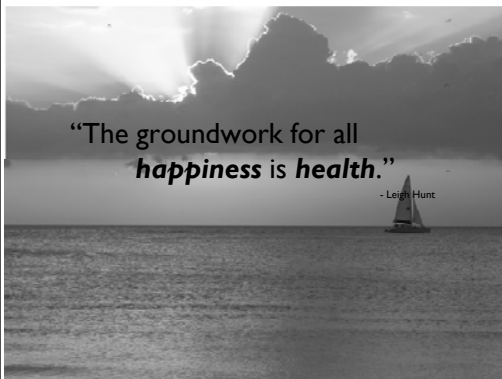
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## Conclusion



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## Contact Information

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