**Lifestyle and Wellness Health Coach Assessment**

**Name:**

You have recently joined a health coaching community of practice. The focus for the next group meeting to review and enhance the groups communication skills. You were asked to review the following case study and answer the questions in preparation for the upcoming meeting.

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|  | **Case Study: Sam**  **Sex: Male**  **Age: 39-year-old**  **Weight: 270 lbs.  Height: 6ft  BMI: 36**  **Weight history: 200lbs in 2013**  **Occupation: Computer Programming (Sedentary Job)**  **Mother: diagnosed with type 2 diabetes at age 60 – on oral medication**  **Father: Hypertension, heart attack in 2015** |
| **Notes:**   * Walking causes pain in his knees * He stopped walking last winter due to fear of falling and never restarted. Sam is exhausted at the end of a long day. * Sam has been married for 8 years and has a 7-year-old son. On the weekend, Sam takes his son to hockey in the winter and soccer in the summer. * Sam loves to cook. Sam and wife alternate days to making dinners. * He does the grocery shopping for the family. * Wife works a part time job at the local high school. * Sam has trouble with his sleep getting only 4-5 hours per night * Sam’s parents and sister live in Portugal | |

**Sam’s friend has been successful with weight loss by working with a health coach so he suggested Sam try meeting with a coach.**

**Part 1: It is important to recognize where a client is at in terms of making behavior changes. The following statements have been made by Sam. Using Prochaska and DiClemente’s Transtheoretical Model of Change (Also called the Stages of Change), comment on the following statements below:**

|  |  |  |  |
| --- | --- | --- | --- |
| Statement from Sam | What stage of change is this client at | What makes you choose this stage | What **strategies** can you use at this stage to help move client along in making behaviour change. |
| “For the last 3 months, I have been eating breakfast in 3 times a week.” |  |  |  |
| “I am thinking about walking but the weather makes it hard to keep it up.” |  |  |  |
| “I am not really sure what made my friend suggest I see you. I have no plans to make any changes.” |  |  |  |
| “I have been taking my vitamin D for the last year regularly which I feel helps me.” |  |  |  |
| “I have been doing a lot of reading around getting my flu vaccination. I have a plan to see my physician in 3 weeks.” |  |  |  |

**Part 2: It is important express the Spirit of Motivational Interviewing when working with clients.**

**Thinking of working with case study Sam (please review the case study) as his health coach:**

1. List the 4 aspects of the Spirit of Motivational Interviewing.

2. Give an example for how you would express each aspect of The Spirit of Motivational Interviewing while meeting with Sam.

**Part 3:** Please provide examples of the following Motivational Interviewing skills

A. Give examples of 2 open ended questions you could use with Sam in your first meeting.

1. Question 1:

2. Question 2:

B. Sam states “I am trying to manage work life and my food but it is difficult!” Give examples of a simple and complex reflection.

1. Simple reflection:

2. Complex reflection:

C. Give 2 examples of Sam’s strengths and 2 affirmations you would say to Sam.

List 2 **Strengths** that Sam has from reviewing the case study:

1. Strength 1:

2. Strength 2:

From the two strengths you have listed related to Sam please state two affirmations statements you could say to him.

1. Affirmation 1:

2. Affirmation 2:

D. Please read the statement that Sam says to you in your visit with him and provide a summary statement you would say to him.

“My family are all big people. I have been big since I was 8 years old. I have tried to lose weight 3 different times. I am good for a few months loosing around 25 pounds and then stopped losing get frustrated and start gaining it back. When I gain back, I gain more than I weighted prior to when I started. That is how I have ended up so big! I want to try to lose but with my track record I am worried about being over 300 pounds if I try again.”

1. Summary statement:

E. List three areas in Sam’s lifestyle that could corporate behavior change. Give examples of 3 different techniques thatcan elicit change talk. Considering the techniques you have chosen, write a example of how you would use them in a statement to Sam to promote change talk.

List 3 areas where Sam may want to consider making a change

1. Technique 1:

2. Technique 2:

3. Technique 3:

Provide 3 statements using the techniques to elicit change talk.

1. Technique 1 Example:

2. Technique 2 Example:

3. Technique 3 Example: