**Case Example: Pat**

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| **8 Step Guide to Managing Perimenopause: Common Symptoms and Reliable  Solutions. | My Second Spring** | * 45-year-old * Married * 3 children (11, 15 and 18 years old) * Employment - admin at local elementary school * Diagnosed with pre-diabetes 6 months ago and hypertension 3 years ago * Smokes 3-4 cigarettes per day * BMI 33 kg/m, A1C 6.3% * Pat spoke with physician saying she was thinking about becoming healthier. * Family physician referred her to speak with you |

1. What could be making it challenging for Pat to manage her health?
2. When thinking about your first visit with Pat, what Stage of Change is she at for improving her health?
3. What affirmation(s) might you provide to Pat?
4. Suggest an open-ended question when talking with Pat.
5. How would you work with Pat to help her make behaviour change?