Lifestyle and Wellness Health Coach:

Module 1 Breakout Exercises

# Exercise 1

1. What needs to be included in your definition of health as a health coach?
2. How will knowing about the prevalence, modifiable risks factors and consequences of chronic disease help you as a health coach?
3. How can you use this knowledge to motivate your clients to make behaviour change?
4. What approaches have worked?
5. What challenges have you encountered?

# Exercise 2: Hannah’s Path 1

1. What struck you about the interaction between Hannah and her doctor?
2. How do you think she felt after this interaction?
3. How receptive to you think Hannah is to taking advice from her doctor?
4. Who has the power in this relationship?
5. Who was driving the agenda?

# Exercise 3: Hannah’s Path 2

1. What struck you about the interaction between Hannah and her doctor?
2. How do you think she felt after this interaction?
3. How receptive to you think Hannah is to taking advice from her doctor?
4. Who has the power in this relationship?
5. Who was driving the agenda?

# Exercise 4

1. Who provided the health coaching intervention in this study?
2. What was the health coach’s responsible?
3. What was the setting for the health coaching intervention?
4. How often did the health coaches meet with their client?
5. How were the health coaching interventions implemented?