Lifestyle and Wellness Health Coach:

Module 1 Breakout Exercises – Day 2

Exercise 4

1. What could be making it challenging for Hannah to manage her health?
2. When thinking about your first visit with Hannah, what stage of change is she at and why?
3. How motivated do you think Hannah is in making healthy changes?
4. How would you work with Hannah to help her make behaviour change?

Exercise 5

In your groups, please answer the following questions related to the component (Compassion, Acceptance, Partnership and Evocation) of the Spirit of MI you were asked to think about.

1. How do you express \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ effectively?
2. What are some reasons to express \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
3. What makes it easy to express\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
4. What makes if difficult to express\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
5. What are some signs in the conversation in yourself and/or your client that would show you thar your expressing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Exercise 7

Please take a moment in pairs to come up with two of your go to closed ended questions.

1.

2.

Now change the closed ended questions to 2 open ended questions each.

1a.

1b.

2a.

2b.