

Real Balance Wellness Coaching Webinars



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Wellness Coaching for Stress Management



The Effects of Stress Are Well Known



- ❧ Stress either causes or exacerbates most illnesses.
- ❧ 85-90% of all M.D. visits are at least partially stress-related
- ❧ Stress-related disorders abound
- ❧ Job stress = lower productivity, accidents, burnout, etc.



Stress & wellness coaching



- ❧ Stress coaching is not just about solutions
- ❧ Help your client improve the **WAY** they deal with stress
- ❧ People want to know what they can actually **DO** about stress!

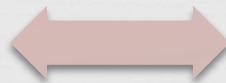
Triad Approach to Coaching for Stress Management



Relaxation
Recovery



Cognitive



Strategic

Strategic



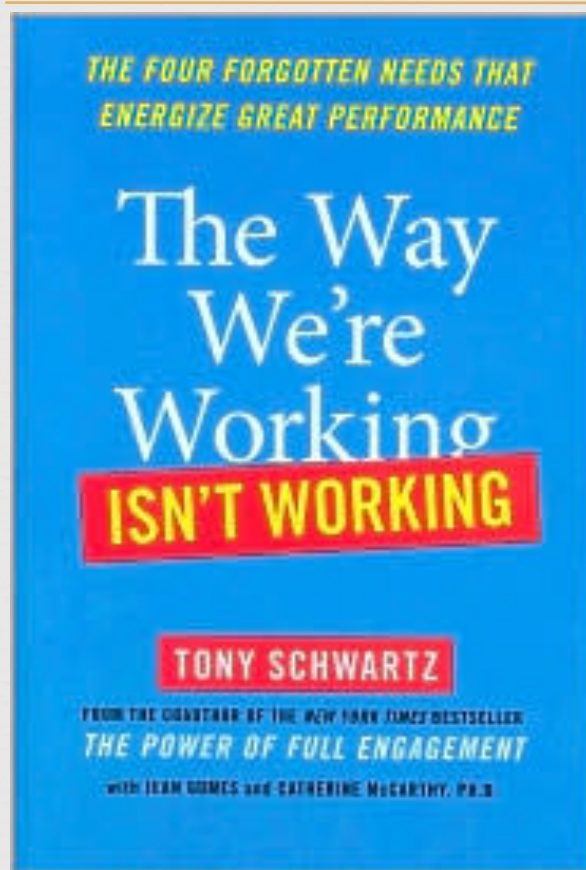
- ❧ Coaching is about helping your client find their OWN SOLUTIONS, not providing yours!
- ❧ Be a COACH not a Consultant.
- ❧ Strategic Coaching approaches that can help:
 - ❧ Conscious Calendarizing
 - ❧ Tracking behavior
 - ❧ Improve relationship with supervisor/co-workers
 - ❧ Wellness lifestyle improvement often leads to increased well-being and a shift in perceptions around the causes of stress.
 - ❧ Dietary improvements = less caffeine, better nutrition.
 - ❧ Eliminate Tolerations!
 - ❧ Coaching for Connectedness!

Job Stress – Toxic or Not?



- ⌘ Job stress is considered more stressful than financial or relationship stress
- ⌘ Some organizations “get it” and some don’t!
- ⌘ Coaching our clients to change what they can or
- ⌘ Distinguish – “Is this a toxic environment that I have to leave?”

Lack of Recovery Is The Problem



- ❧ Handling stress well builds resiliency.
- ❧ Insufficient volume and intensity of recovery.
- ❧ Managing Energy, not time may be key.
- ❧ Tony Schwartz and Jim Loehr.

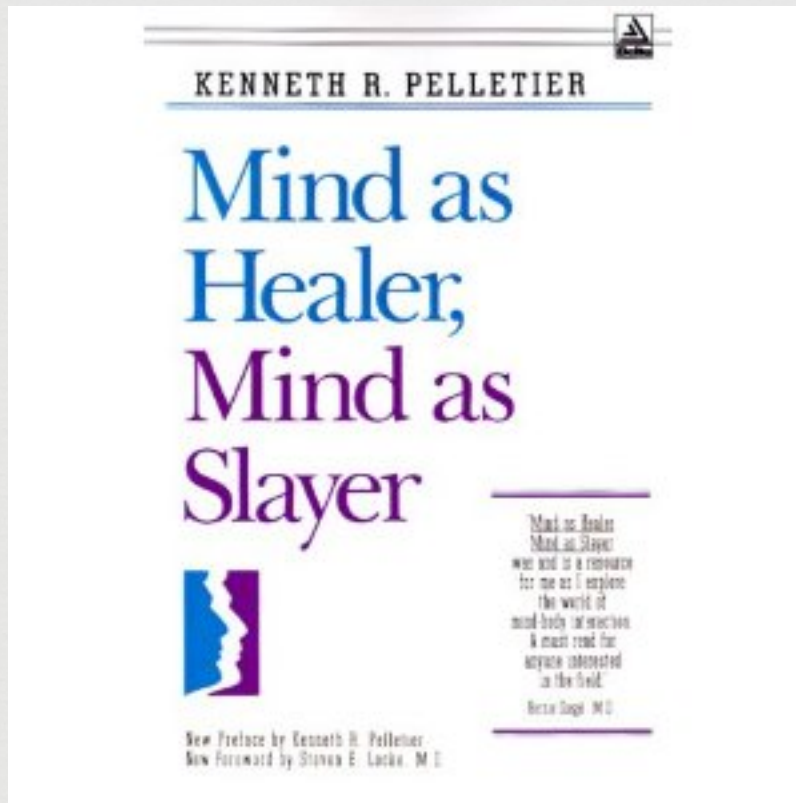
Lessons from *The Way We're Working Isn't Working*



- ❧ 1. We need activity and rest to perform at our best!
- ❧ 2. Keep fit with exercise, sleep and good food.
- ❧ 3. More calm, less angry.
- ❧ 4. You need focus to perform.
- ❧ 5. Passion and spirit tie it all together.



Lessons From “Stress Thrivers”



- ⌘ During times of extreme change and stress a certain % get ill and die.
- ⌘ At the same time, a certain identifiable group THRIVE! Why?
- ⌘ Attitude & Belief = CHALLENGE, COMMITMENT, CONTROL
- ⌘ Maintain healthy habits!

Cognitive



- ❧ Coaching with the client around their belief system.
- ❧ Eliminate ASSUMPTIONS! Challenge them!
- ❧ “The greatest single source of stress is living out of accordance with your values!”
- ❧ Silencing the “Inner Critic” or “Gremlin”
- ❧ Exploring perspective
- ❧ Irrational beliefs
 - ❧ Always have to be accomplishing/achieving
 - ❧ Always have to be accessible

Cognitive stress coaching



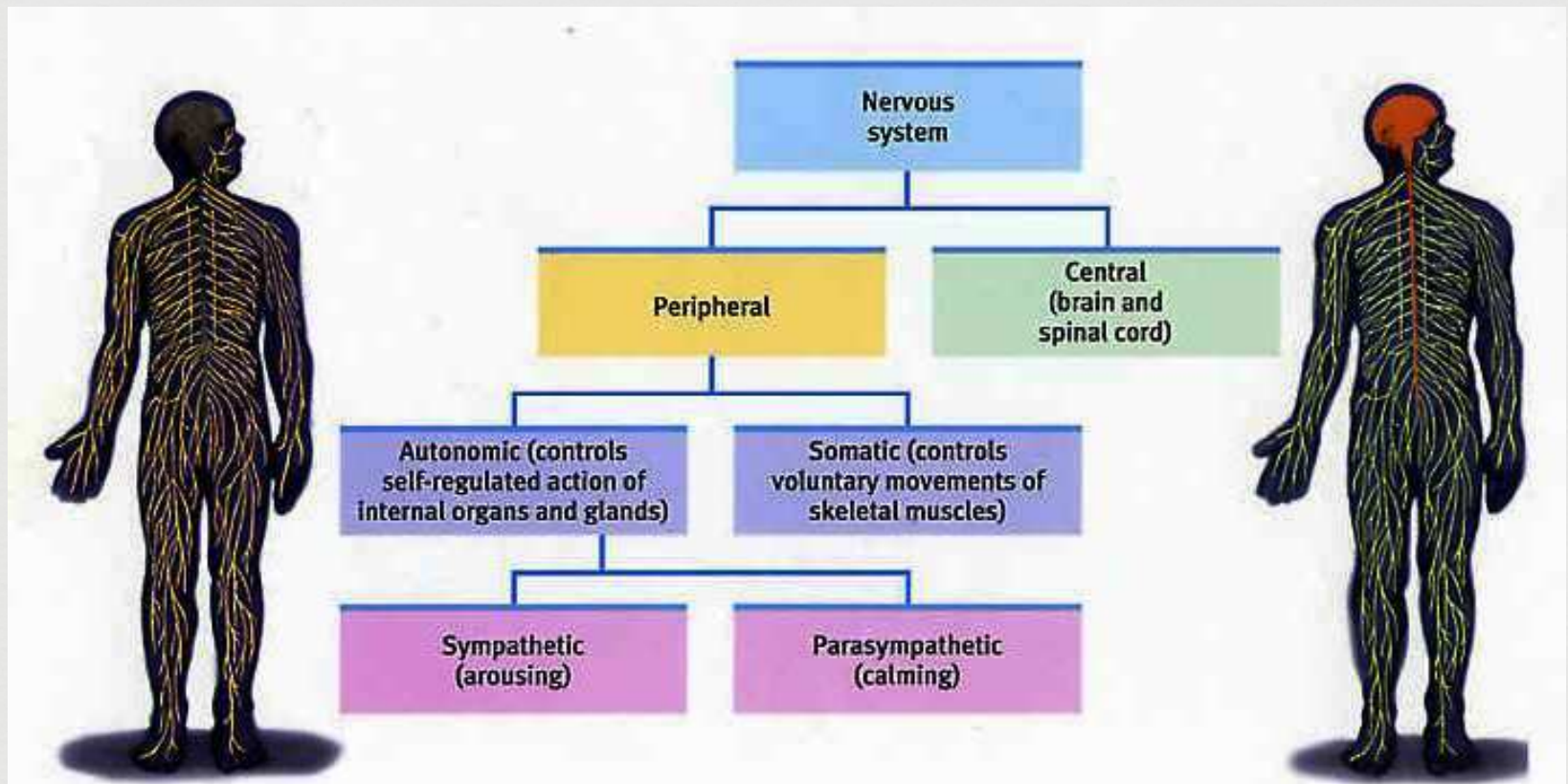
- ∞ Perfect The Present
- ∞ *“You can’t be there then now.”* Wayne Dyer
- ∞ Self Compassion
- ∞ Self-permission/Self-Denial
- ∞ *“Forgiveness is giving up all hope for a better past.”*
- Jack Kornfield

Relaxation & Recovery



- ☞ Coach the whole person - body, mind, and spirit
- ☞ Stress management is only partly cognitive.
- ☞ Advocate relaxation approaches and more rest, sleep and self-care as part of wellness plan.

Stress Response & Relaxation Response



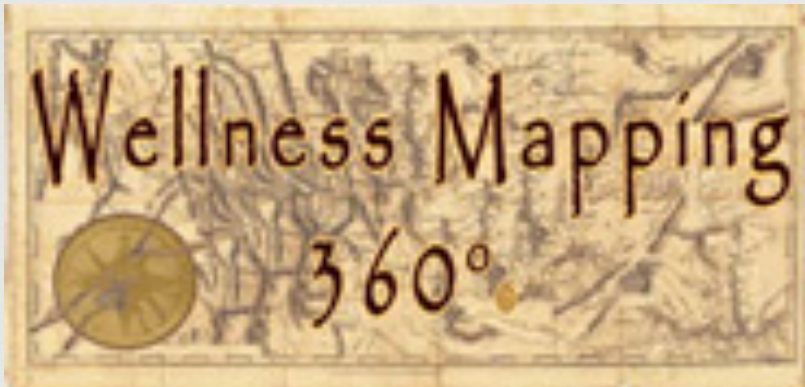
Conscious inclusion of Quieting and Centering Practices with multiple health benefits in the Wellness Plan



A Solid Wellness Plan



- ❧ A Plan to navigate by
(The Wellness Plan)
- ❧ Provides structure
- ❧ Tracking behavior
- ❧ Accountability and support
- ❧ Clear agreements



Beyond “just stress” Know when to refer!



- ❧ ICF – “Top Ten Reasons for Referral.”
- ❧ Self-medicating with alcohol & drugs.
- ❧ Self-destructive patterns
- ❧ Psychological/medical help with stress-related disorders.
- ❧ Relationship counseling
- ❧ “Workaholism” and deep seated issues in the way.



Time For Questions & Comments

Use The Chat Function



Next Month's Webinar



December 13th (Friday)

Topic- 12 Ways to Avoid Collusion in the Coaching Relationship.

To Register

Deborah@realbalance.com

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