|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date:** |  | **Duration:****(hours)** |  | **Client code** | XXX | **Session****#** | YY |
| Previous session’s follow-up | Starting weight?  | Current weight?  | Loss?  |
| Other parameters  | App use?  | Challenges done?  |
| Notes re challenges done etcSave as PreKure/DoneWorksheets/XXXAbCd/XXX-YYCoachingWorksheet - don’t save over the template, update file name. |
| **Clearances** | Confidentiality |  | Consent to coach? |  | OK to Record forQlty& Trng? |  | Permission to share advice? |  |
| A - Topic: | This session’s focus/expected outcomes. REM; tell the client “You hold the agenda”, it’s about you, not me, I’m just here to help with the process”. |
| B - Summary of discussion | 1 | Motivation drivers & dreams | *(Power question prompts & techniques table overleaf):* |
| 2 | Fears & worries, | *(Power question prompts & techniques table overleaf):* |
| 3 | Obstructions & impediments, | *(Power question prompts & techniques table overleaf):* |
| 4 | External, other people, | *(Power question prompts & techniques table overleaf):* |
| 5 | Self, moving forward, | *(Power question prompts & techniques table overleaf):* |
| 6 | Internal | *(Power question prompts & techniques table overleaf):* |
| 7 | Other | *(Power question prompts & techniques table overleaf):* |
| C - How I closed the session? | Challenges; | Accountability; | Another session (Y/N date); | Other: |
| D - What worked well? | Which tools helped? |
| E - What I could have done differently? | Which extra tools/questions could/should I have used? (Health Warning, second guessing, post event wisdom!) |
| F - What did I learn from this session? | Positive |  |
| Negative |  |
| **G –Nutrition & lifestyle? *(check X)*** | **Not addressed this time** |  | **Came up in conversation** |  | **Becoming interested** |  | **Main topic of conversation** |  |

***Information sharing & corrective action planning*** *(check X to show);*

|  |  |  |  |
| --- | --- | --- | --- |
| Information share (experiences, videos, references, recipes, demos etc) |  | PDCA (Plan-Do-Check-Act); inc GRIN below |  |

***Behaviour change process*** *(IMO, this needs to change beliefs to stand any chance of enduring success...)*

|  |  |
| --- | --- |
| GRIN Behaviour change, *Dr Jen Unwin,*Goals,Resources & resilience,Increments,Noticing,[*https://www.youtube.com/watch?v=44K8o9FWAWQ*](https://www.youtube.com/watch?v=44K8o9FWAWQ) |  |

***Notes***

***Power question prompts used in the conversation this time,*** *please circle/shade to show****;***

***Health coaching techniques used this session,*** *please check X to show****;***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MI** | **HC Technique** | **Check** | **MI** | **HC Technique** | **Check** |
| Open-ended questions | Adverse Childhood Experiences (ACE); leading to Trauma Informed Practice (TIP - UK NHS) |  | Affirm | Acknowledgement *(you’re brave…)* |  |
| Flip it (on its head…) |  | Championing (I get it, well done…) |  |
| Intrude/interrupt *(eye on the ball…)* |  | Reflective listening | Active listening (dive deeper/name it) |  |
| Investigation (5Ys, Kipling’s 5Ws+1H, Reason Swiss Cheese Model) |  | Intuition |  |
| Kubler-Ross  | **5 stages of grief;** *(not the ultimate anymore)*Denial, Anger, Bargaining, Depression, Acceptance  |  | Metaphor/simile |  |
| Power questions *(prompts above…*) |  | NLP (Neurolinguistic programming) |  |
| Resonance/dissonance *(yes &/yes but)* |  | Silence (wait for it...) |  |
| Saboteur (all change is bad…the machine) |  | Summary | Accountability (client on the hook…set/accept challenges) |  |
| SPIN (Situation-Problems-Implications-Needs) |  | Articulating what’s going on |  |
| The Line | **Victor** **OAR** – * Ownership, Accountability, Responsibility
 |  | Bottom-lining (OK, here’s the thing...) |  |
| **Victim** **BED** – Blame, Excuses, Denial | Reframing (look for the good stuff…) |  |

***MI****= Health Coaching techniques vs Motivational Interviewing (OARS) i.e.* ***O****pen-ended questions,* ***A****ffirmations,* ***R****eflective listening,* ***S****ummary*

***Notes***

*END*