|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 etc  Save as PreKure/DoneWorksheets/XXXAbCd/XXX-YYCoachingWorksheet - don’t save over the template, update file name. | | | | | | | | | | | | |
| **Clearances** | Confidentiality | |  | | Consent to coach? | |  | OK to Record for  Qlty& 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*