ENS 434 Coaching Assignment

This assignment is intended to help develop, or further develop your skillsets as a change facilitator while working with others who may recognize they need to make a change yet appear unable to do so alone. Essentially, this will represent a primary task many of you may very likely experience with patients or clients while working as an allied or medial health professional. Use this assignment as an opportunity to develop your ability to build strong professional relationships and assembleyour behavioral change interventionsinan effective and systematic manner. In completing your assignment, please remember the over-arching ideas presented in the course surrounding rapport, communication, emotional intelligenceand providing experiential solutions.

Scenario

Blue-Sky computing is a software engineering company who is investing into a wellness program for their employees. For each employee who undergoes a detailed health and lifestyle assessment, the company is willing to provide complimentary health coaching to bring about positive lifestyle change into the lives of their employees.

One scheduled appointment is to meet with Cody, a 34-year old, software engineer who has been with the company for 3-years. You get an opportunity to review his health history and a lifestyle questionnaire prior to meeting which reveals that he is 25-pounds overweight (according to his latest medical exam), but has no underlying pathologies other than a medical profile that is relatively unhealthy for a 34-year old male (e.g., elevated blood pressure, blood sugar, and LDL cholesterol). These results have triggered concerns and panic that he expressed to his doctor regarding his own mortality because his dad suffered a heart attack and died at age 49.

His lifestyle questionnaire reveals he works long hours seated at his computer which has subsequently led to some chronic painin his low back and wrists. His company has provided him with an ergonomic workstation, plus back and wrist supports he can wear while working at his computer, but his pain and discomfort continue, causing him to miss work and lose productivity. He has subsequently become very frustrated and angry over his condition and has become tired of wearing these supports. He would prefer to alleviate this pain and not use these devices.He also wishes he could exercise to be in better shape because he thinks this might help alleviate some discomfort, but he has yet started anything on account of (a) concern of exacerbating his existing discomfort and pain by doing things incorrectly, (b) his hectic schedule and, (c) a lack of understanding of what he needs to do to bring about positive change.

What is also noted in his record is that he emphasized a concern over his girlfriend no longer finding him as appealing as she first did when they started dating. She and their immediate circle of friends continue to live active lifestyles, whereas he does not. He indicated that this creates some anxiety and fear that she might leave him on account of his current condition because he feels he is not worthy of her admiration - he has labeled himself as a failure and is ashamed of how he believes she now perceives him for letting himself go.

In his records, he has also acknowledged that his dietary regimen is not perfect because he consistently eats away from home. He appears unwilling to make any changes because he feels it is his life schedule that prevents him from doing so. Given how late the employees often work into the evenings, a convenient assortment of complementary, but unhealthy snacks and meals are often provided by the company. He believes he is not to blame for his dietary choices because it is not his fault considering his schedule, his time constraints, and how his company constantly provides unhealthy food.

Instructions:

* You will work with two other partners to turn in only ONE assignment, completed by your group. It is important that your group communicate to identify who will submit the assignment of behalf of your team.
* Download this document to work through the assignment, typing your responses into the space provided.
* You will ONLY need to submit the Assignment pages (i.e., no scenario nor instructions) which will be uploaded into Canvas – please remember that only Word and PDF formats are accepted.
* It is a 3-page submission maximum with no less than an 11-font size. ANY content within your assignment that goes beyond the 3-pages will not be graded, therefore it is important for your group to be clear and concise with your answers.
* All names must be ALPHABETIZED (last, first) and written EXACTLY as they appear on the school registrar (i.e., please do not use nicknames or shortened versions).

Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_

Tasks to Complete:

1. Using this scenario, briefly outline your overall **coaching philosophy**as it pertains to your approach to Cody – discuss your philosophy (limit to 100 words, bullet form is acceptable). *Hint: Understand the definition of ‘philosophy’ to answer this question –your beliefs and how you intend to support those beliefs (not your strategies).*

**Philosophy Statement(s):**

1. Using this scenario, briefly list your sequence of events for completing the **Rapport**through **Planning**stages of this relationship (limit to 150 words, bullet form is acceptable).

* Rapport:
* Investigation:
* Planning:

1. In what stages of the TTM behavioral change model do you think he currently exists for his activity, and for his eating?

* **Physical Activity:**
* **Eating:**

1. Given the information presented, what **OTHER**behavioral models might merit your consideration? **List all and ONLY** the applicable behavioral models excluding the TTM or Stages of Change model.Please read the question carefully – it only asks you to list the models. *Hint: Refer to the behavioral theories discussed in Module 5*.
2. Is he ambivalent or resistantwith each (i.e., physical activity, eating) and why do you think so (provide short statement to support each)?

* **Physical Activity:**
* **Eating:**

1. What irrational thoughts or RET schemas does Cody exhibit throughout the presented scenario?Please read the question carefully – it only asks you to list the irrational thoughts or schemas.
2. In bullet form, list the **sequence of steps**one follows when collaborating to complete the decisional balance worksheet (i.e., steps taken to complete this worksheet in general).

* Step One:
* Step Two:
* Step Three:
* Etc.

1. List one example of an appropriate reinforcement or punishment (negative or positive) you plan to use during the early stages. *Hint: Think carefully to our conversation on ‘cheat days or cheat meals.’*

* Please provide only an example followed by a brief sentence that rationalizes your choice.