

What's Hot – Wellness Coaching

Wellness Coaching – it's new, it's engaging and it's very effective!

A common challenge faced by employers and health promoters alike is 'how to inspire employees to become actively involved in workplace health programs' – especially those that 'need it most' – sound familiar?

Regrettably the simple truth is that the traditional approach of merely providing health education e.g. via seminars, does little to engage nor support employees to change behaviour. Have you ever wondered why we are not all super healthy given the amount of health information freely available in society today?

The good news is that Wellness Coaching approaches health and behaviour change from a new perspective – the employees'.



What's It About?

Rather than telling the employee what they should be eating, how often they should be exercising and when to relax (which often results in resistance rather than change) Wellness Coaching works with the employee 'where they are at'. Personalised visions, goals and action plans are developed by the employee under the supportive guide of the wellness coach either telephonically or face to face. The identification of likely barriers and creation of personal action plans that are specific and measurable to the employee are all key outcomes within a trustful and confidential setting.

The model is developing significant traction in global health promotion and health management settings. In one study 80% of participants achieved their priority wellness goals within 3 months, and a further 70% achieved their secondary goals. The model is ideally suited to employees with 'high health risk' or executives who are often too busy to manage their health.

Springboard is currently applying Wellness Coaching within a controlled research setting in an Australian employer. Watch this space for results in future editions. If you would like to discuss Wellness Coaching in more detail for your employees or executives contact us at info@springboardhp.com.au or call 1300 788 690.