

# YOUR ROAD MAP FOR WELL-BEING



**LIVING WELL**  
NURSE COACHING

The Integrative Nurse Coaching process offers you a Road Map for Well-being – how we will work together to get from Point A (where you are now) to Point B (where you would like to be next).

Steps to Greater Well-Being & Life Balance	Why This Matters	How Do We Get There
<b>1. Start with a Whole-Person Assessment of Yourself</b>	Life can be full of rewards & challenges – and is hard work at times. It's helpful to look at where your life is in good balance, and where you could benefit from some healthy changes.	<b>Whole-person assessment</b> of your current health & well-being.  Includes: Life Balance; Physical, Mental/Emotional, Spiritual, Social, Financial, Environmental Health.
<b>2. Partner with a Coach for Support</b>	Most of us have trouble sustaining healthy changes in our lives. Short-term support from a coaching partner helps with focus and accountability, which are two things that often get in the way of our being successful.	<b>One-on-one coaching</b> with a skilled, integrative health coach via phone, Skype or in person.
<b>3. Find Your Focus &amp; Motivation</b>	Focus & motivation will be most effective when based on your strengths & your hopes for a healthy, well-balanced life.	<b>Using communication tools</b> of deep listening & powerful questioning, we co-create a plan that's based on what's important to you in your life.
<b>4. Know Your Readiness for Change – Keep It Real</b>	Making changes when you're not ready is a set-up for failure. Let's work with where you're motivated and ready to change, based on what's important to you.	<b>Assessment of where you are along the spectrum of the Change Process.</b>
<b>5. Know Your Personal Strengths – Keep it Positive</b>	It makes a difference to use your strengths, values, and personal beliefs to work for you as you make changes in your life.	<b>Assessment of your strengths and values</b> , based on research from the world of Positive Psychology.
<b>6. Use SMART Goals -- Keep It Do-able</b>	Let's avoid the New Year's Resolution trap – goals that are too big and never-ending, and based on things we've been unsuccessful at in the past.	<b>Use of SMART goals:</b> Specific, Measurable, Attainable, Relevant, Time-Bound.
<b>7. Learn the Essential Tools of Self-Awareness</b>	The more we understand how our minds work for and against us, the better chance we have to succeed...especially when things get challenging.	<b>Learning &amp; developing mindfulness and self awareness practices:</b> Focusing, relaxation exercises, deep breathing, visualization & imagery
<b>8. Learn to Manage Inevitable Roadblocks</b>	Knowing how to navigate through doubts and setbacks is just as important as setting goals.	How do we <b>sabotage</b> ourselves? What are the things I typically trip over? <b>Let's have a Plan</b> for managing those expected setbacks.
<b>9. Celebrate Your Successes</b>	Taking the time to both celebrate your successes and enjoy feeling rejuvenated is important for sustained good health & well-being.	<b>List the changes</b> that have occurred, the steps you took to get there, and how you feel in this new place of better health.