

هفته کوچینگ ایرانی ۱۴۰۳

Coaching is a Lifestyle

Thanks for Making the world a Better Place to Live



How are you Grateful for Today?

What drive you joining this webinar?



Who is CoacHami?

- **PhD Researcher (WHO)**
- **Health Behaviouruologist**
- **Neuroscience Researcher**
- **NB-HWC Educator**
- **Health & Wellbeing Coach (IHC)**
- **Mentor Coach**
- **Exercise Teacher**
- **Professional Trail Runner**





شما حاکم بدنتان هستید
پس حاکم خوبی باشید



Coaching a Bridge to Physical Literacy & Healthy Lifestyle



How do you know about Healthy Lifestyle?





1



2



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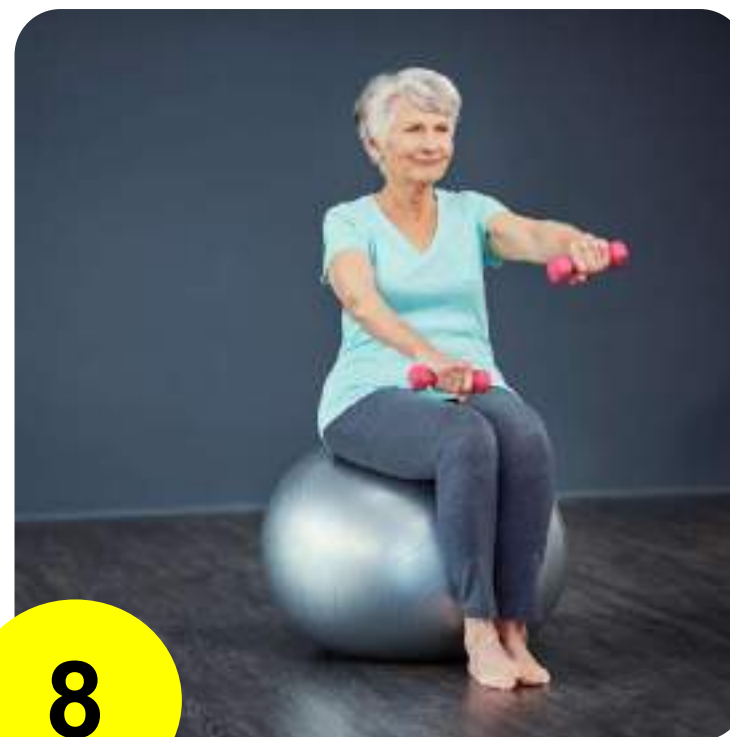
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Healthy Lifestyle

Physical Well-being

Mental Well-being

Social Well-being (Relations)



Healthy Lifestyle

Integrated Health & Wellbeing Coaching

Physical Well-being

Mental Well-being

Social Well-being (Relations)



Healthy Behaviours

**Get Enough
Sleep**

**Healthy
Relationship**

**Maintain in
Healthy
Body Weigh**

**Moderate
Alcohol /No**

Not smoking

**Exercise
Regularly**

Vs

**Sedentary
Behaviour**



Healthy Behaviours Interrelated

**Get Enough
Sleep**

**Healthy
Relationship**

**Maintain in
Healthy
Body Weigh**

**Moderate
Alcohol /No**

Not smoking

**Exercise
Regularly**

پایداری و استمرار



Physical Activity is the Pill **Not** Taken!



Health Services

**Holistic
Coach**

NBHWC

**Nutrition
Experts**

**Exercise
Coach**

**Clinical
Health Coach**

**NC
MC**

**Integrated
Health Coach**



How do you know about Physical Literary?



سواد سلامت

مهارت‌های مراقبت از خود و

شناخت بدن

پیگیری سیگنال‌های بدن

دانشستن روش‌های سالم زیستی

حفظ سلامت جسمی و روانی



سواد بدنی موهبتی ست که
متناسب با هر فرد تعریف
میشود.

به وقت کوچینگ



هیچ وقت برای باسواد شدن
بدنی دیر نیست

فردا روز اول



Physical Literacy

The **M**otivation, **C**onfidence, **P**hysical
Competence, **K**nowledge and
Understanding to **V**alue and take
Responsibility for engagement in
physical activities for life (IPAL,2017).



Assessment Tool

How Literate you are.



Domains of Physical Literacy

Affective:
Motivation and
confidence

Physical:
Physical
competence

Cognitive:
Knowledge and
understanding

Behavioural:
Engagement in
physical activities
for life

These domains are interconnected and reinforce each other.



Domains of Physical Literacy

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**Motivation and
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Behavioural:
**Engagement in
physical activities
for life**

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Physical Literacy



The IPLA (2022) recommend the following seven principles in informing practice.

Individual

Confidence

Promoting
Motivation

Physical
Competence

Developing
Knowledge and
Understanding

Developing
Responsibility

Feedback and
Charting Progress as a
Motivational Tool

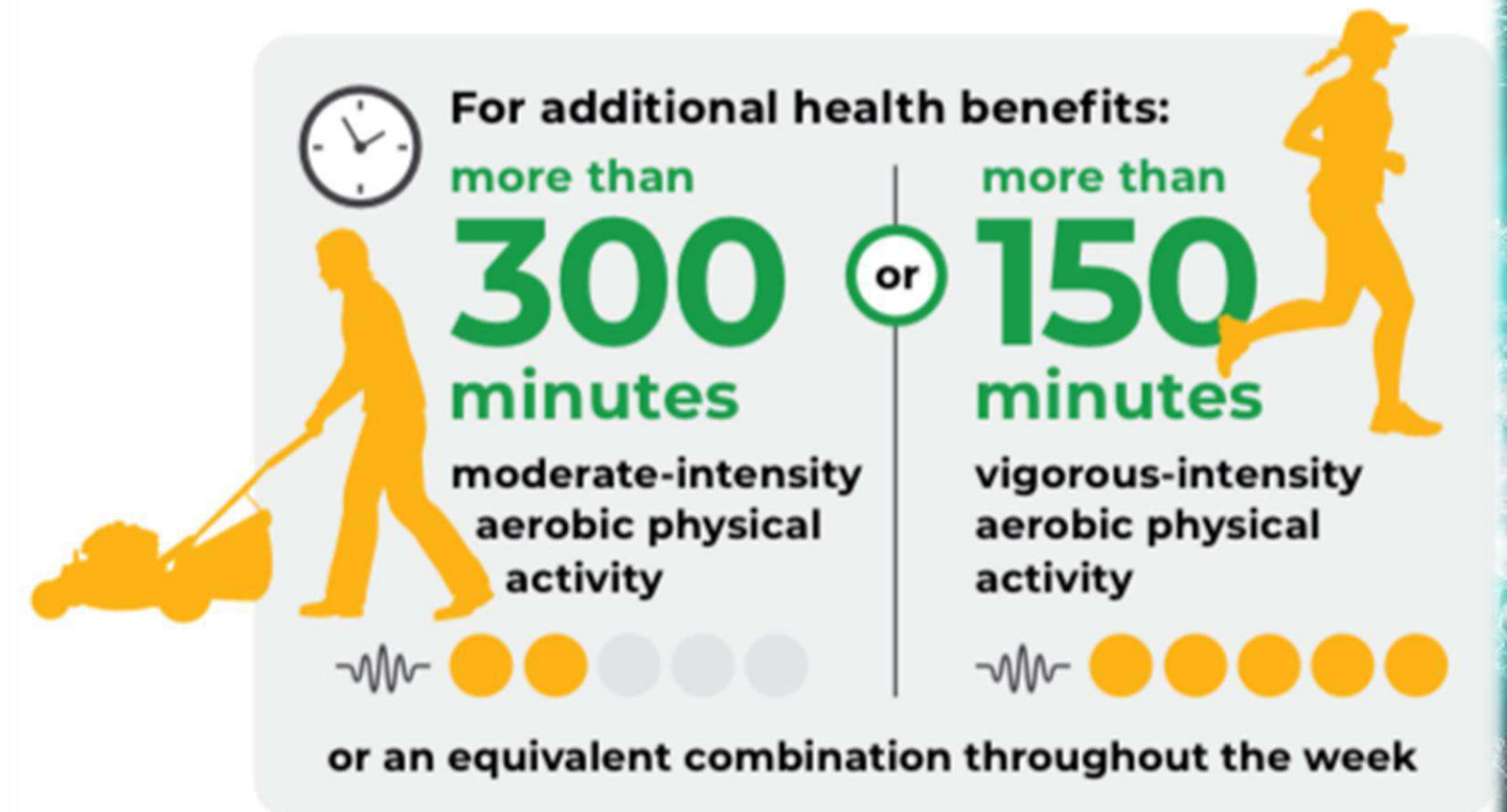


Physical Activity (Sedentary Behaviour)

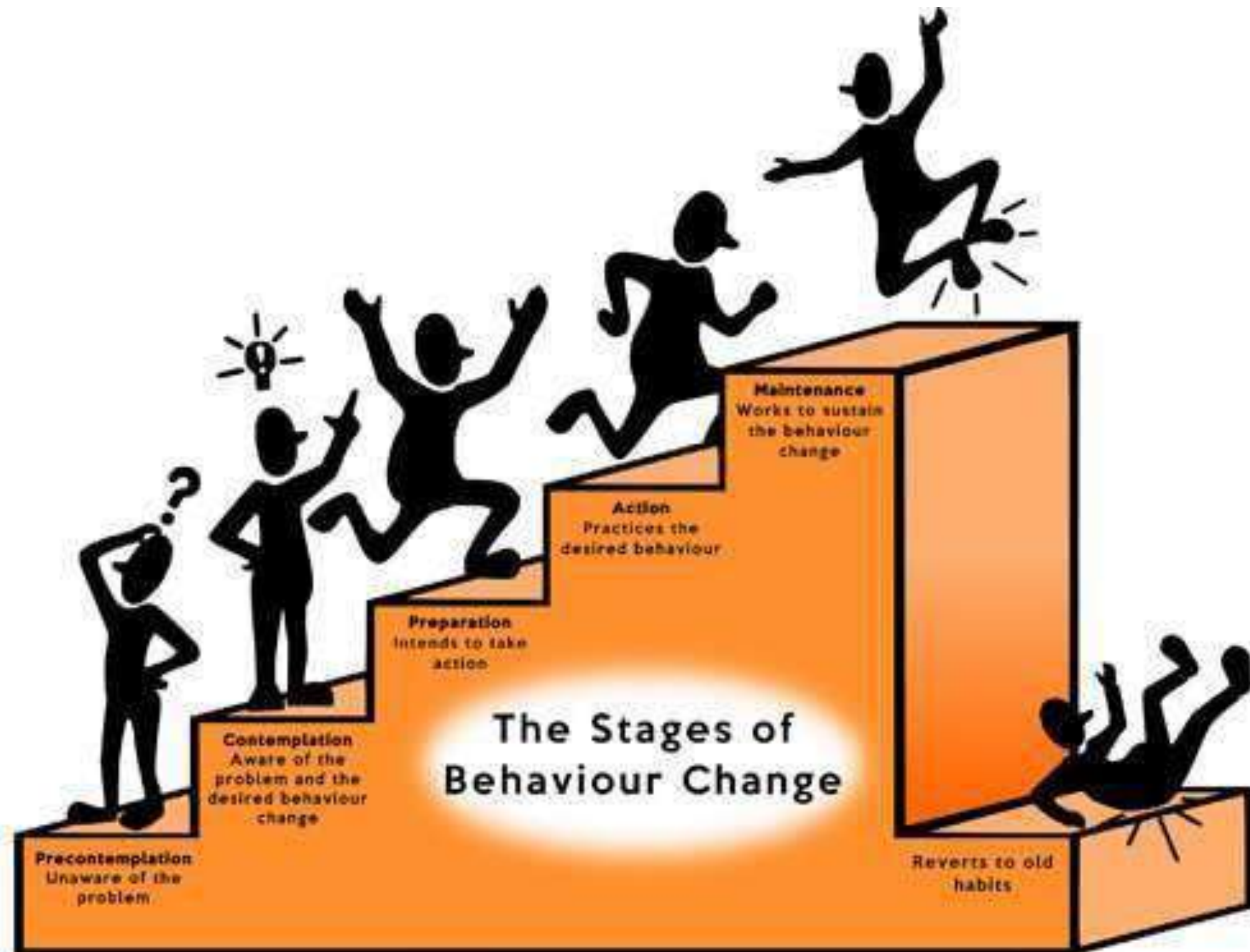
Physical activity is defined by the WHO as **any bodily movement** produced by skeletal muscles that requires energy **expenditure**. This includes activities undertaken while working, playing, carrying out household chores, traveling, and engaging in recreational pursuits. It encompasses a variety of activities such as walking, cycling, sports, and exercise.

Healthy Lifestyle

According to the WHO, involves a **balance of physical, mental, and social well-being**. It includes regular physical activity, a balanced and nutritious diet, adequate rest, stress management, and avoiding harmful behaviours such as smoking and excessive alcohol consumption. A healthy lifestyle contributes to the prevention of diseases, promotes longevity, and enhances overall quality of life.



تغییر رفتار



Sources: Grimley 1997 (75) and Prochaska 1992 (148)

I am Physical Literate

Health Coach

Maintenance
Regular exercise

Relapse

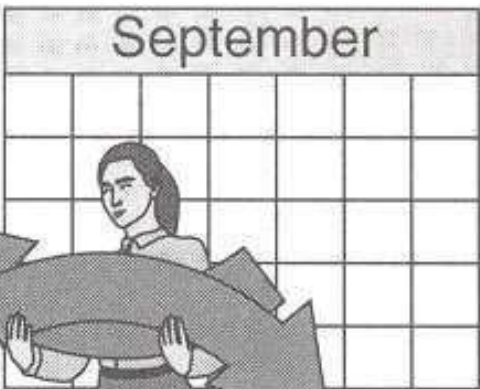
Action
Regular exercise

Health Coach
Life Coach

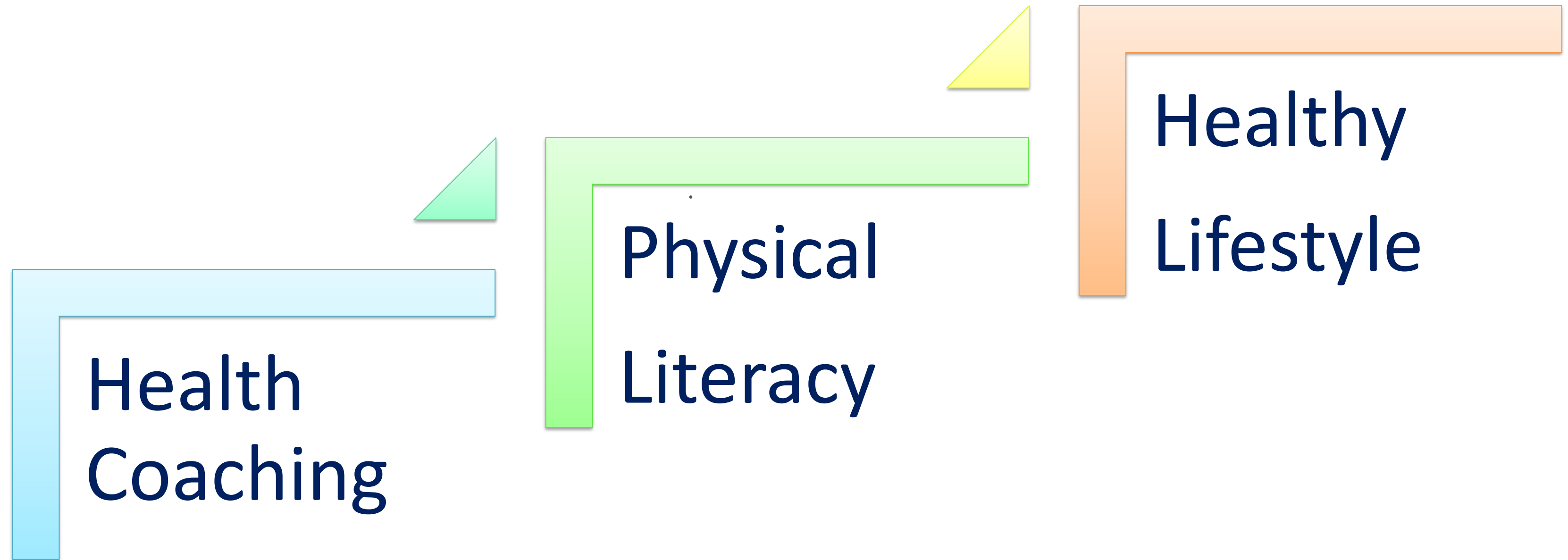
Precontemplation
Sedentary

Contemplation

Preparation
Irregular exercise



How Coaching Can Bridge Physical Literacy and a Healthy Lifestyle



Evidence-Based Facts



LEADING ARTICLE

Dis Manage Health Outcomes 2007; 15 (5): 299-307
1173-8790/07/0005-0299/\$44.95/0

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Health Coaching as an Intervention in Health Management Programs

Susan W. Butterworth,¹ Ariel Linden^{1,2} and Wende McClay¹

1 Oregon Health and Science University, Portland, Oregon, USA

2 Linden Consulting Group, Portland, Oregon, USA



Biomedical Signals and Systems Group

Language Proficiency

The influence of limited English proficiency on health outcomes in patients treated with radiotherapy for head and neck cancer

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^b Section of Hematology and Oncology, Department of Medicine, Boston Medical Center, Boston, MA

^c Department of Otolaryngology, Head and Neck Surgery, Boston Medical Center, Boston, MA



Olsen

Ann Dorrit Guassora^{a,b,*}, Susanne Reventlow^a, Kirsti Malterud^{a,c,d}

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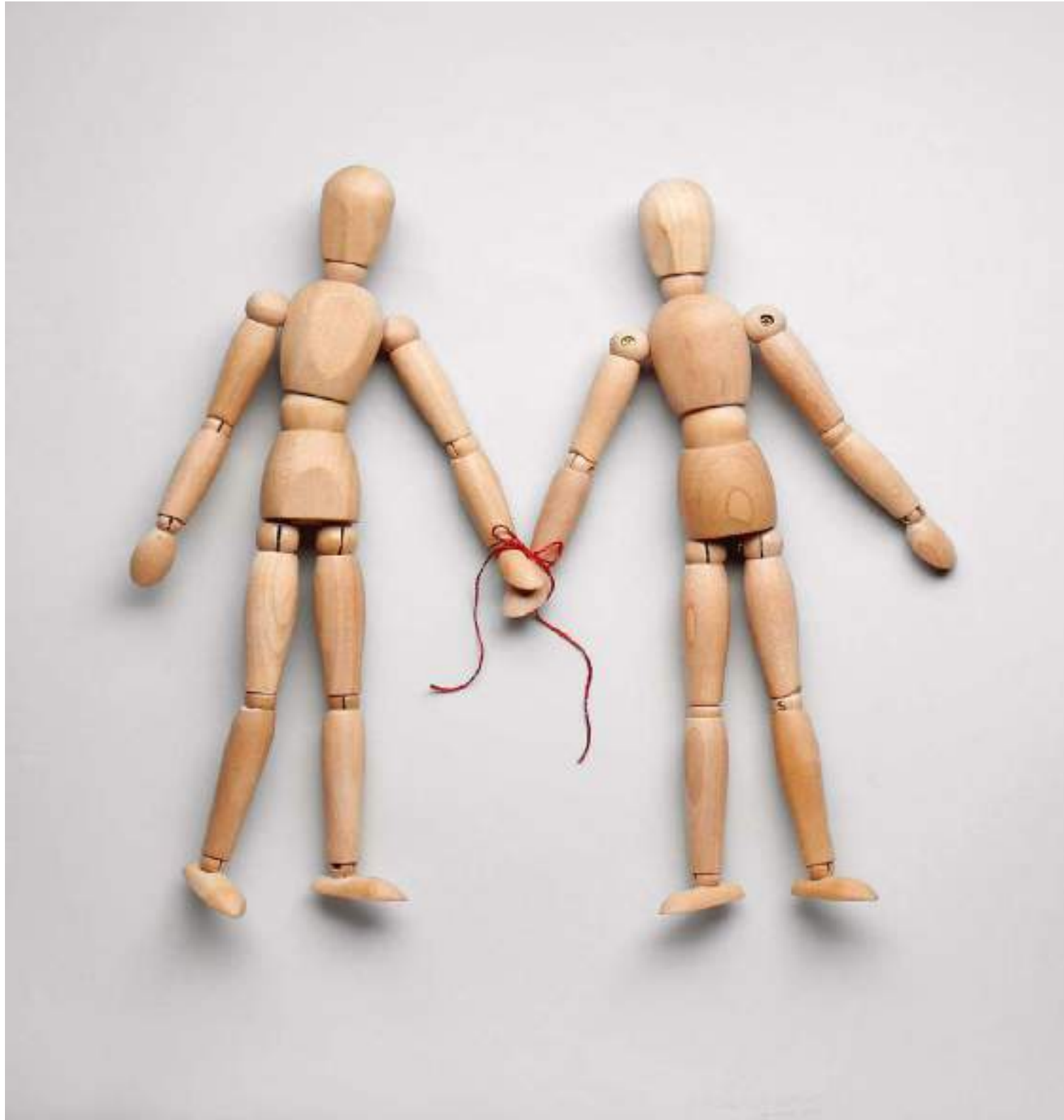
How Coaching Can Bridge Physical Literacy and a Healthy Lifestyle



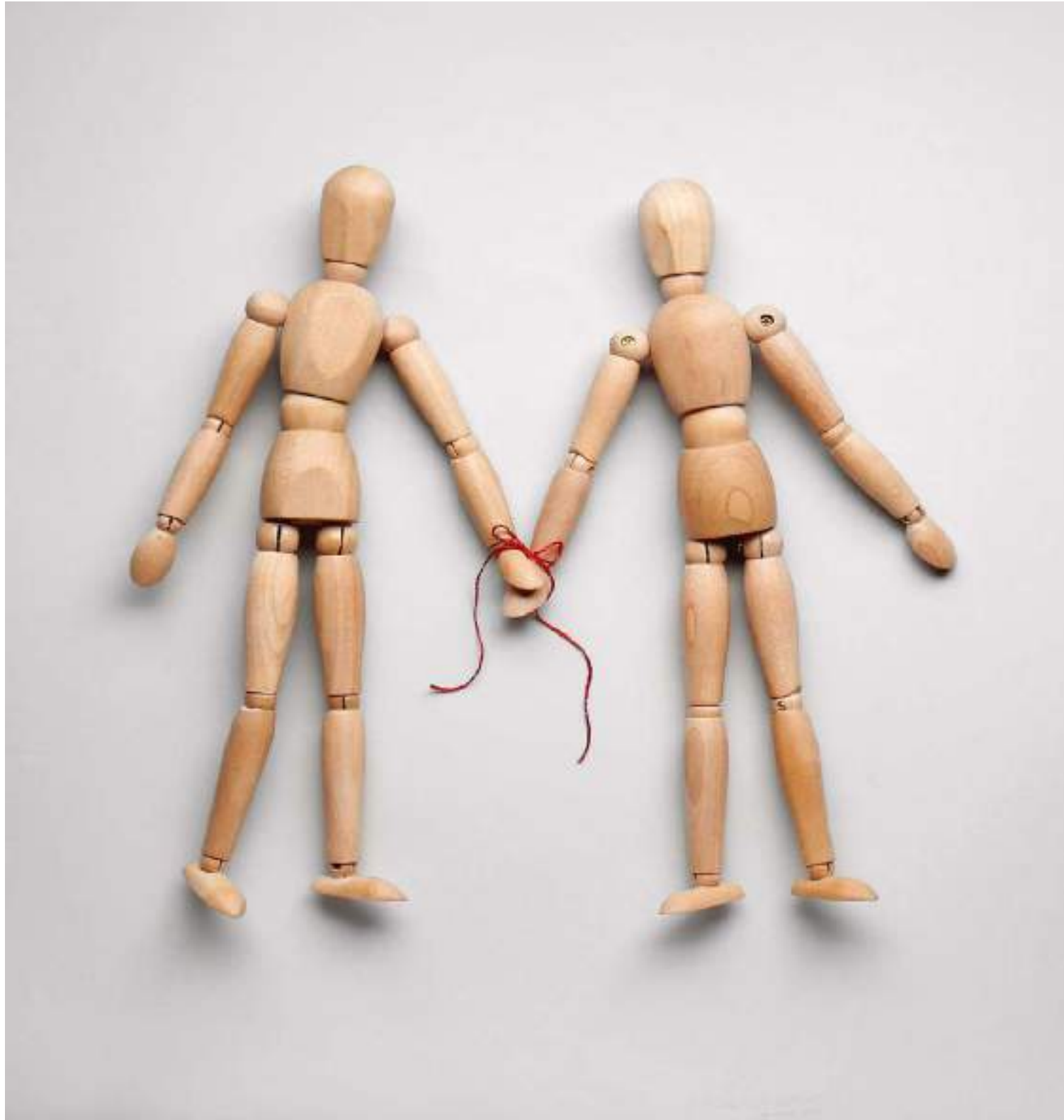
- Holistic Approach
- Behavioural Approach
- Breakthrough Approach
- Goal-Oriented Approach
- Client-Centered Approach
- etc.



Coaching Keywords



Coaching Keywords



- Empathy
- Active listening
- Accountability
- Communication
- Adaptability
- Patience
- Ethical practice
- Goal orientation
- Problem-solving
- Motivation
- Partnership
- Speed Bumper
- Thinking Partner
- Thought Disruptor



Coaching Fills The Gap

Core Competencies Time

- **Pause**
- **Helicopter Long Shot**
- **Review the Path**
- **Review the Goal**
- **Review the Value**
- **Review the Resources**
- **Partner in Reshape**
- **Move Forward**

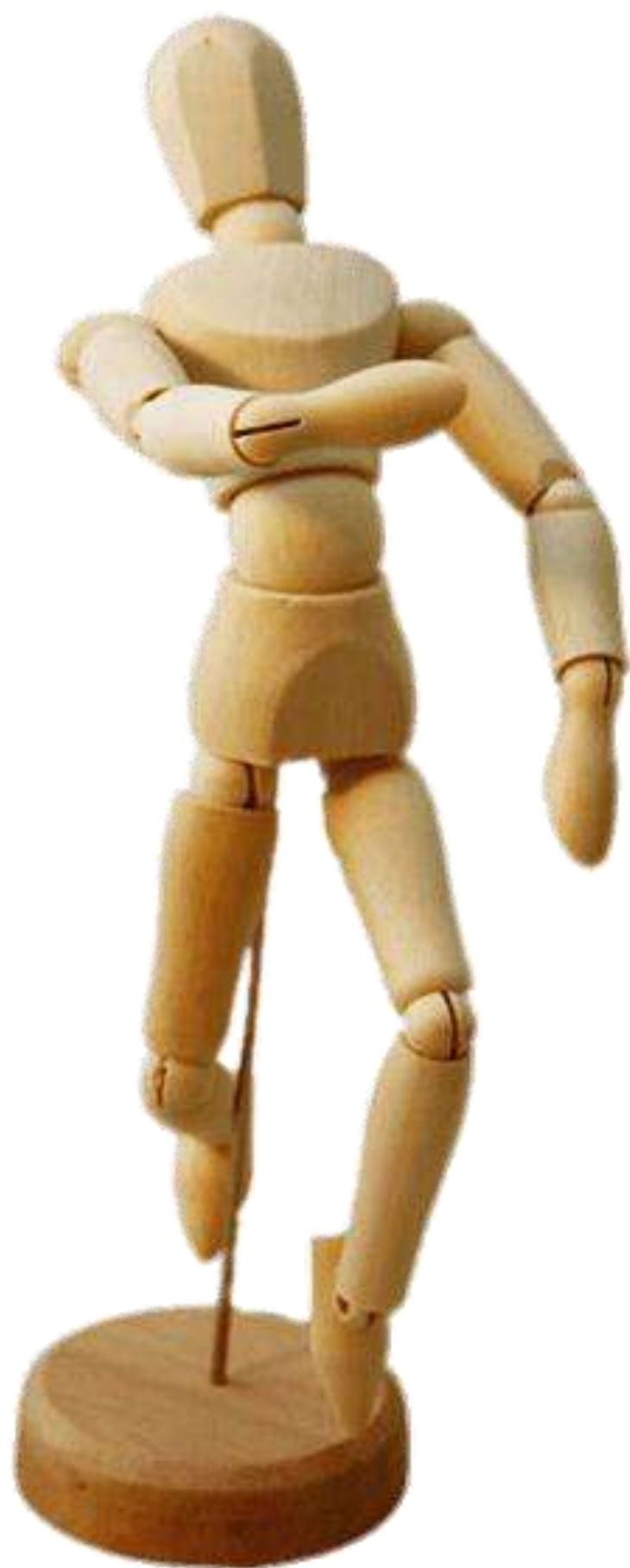




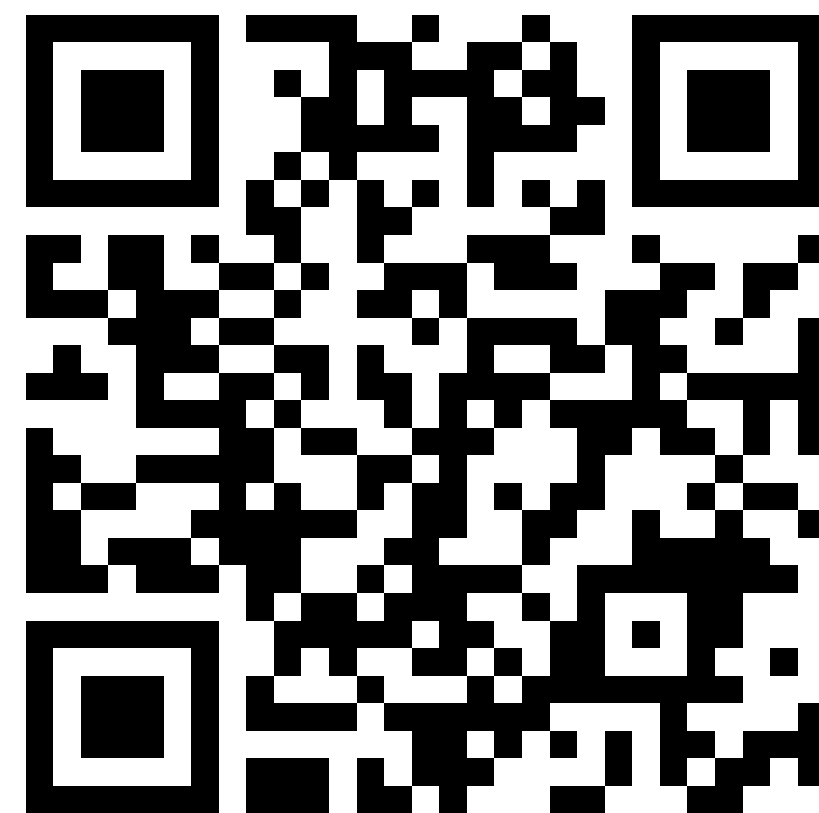
**How Are you
Grateful for Now?**

What is your **first
baby step?**





Contact Me



Wake UP & Shape UP

Group Coaching

Integrated Approach

کوچینگ گروهی سواد بدنی
و حفظ لایف استایل سلامت و
ورژن فارسی : تابستان 1403



اطلاع رسانی در کانال



هفته کوچینگ ایران ۱۴۰۳

Namaste