

Welcome!

Share in the Chat...

What self-monitoring tools do you use when collaborating with clients/patients?

2023 Summer Webinar Series:
Exploring the “Why” to Generate Lasting Behavior Change

The Coach Approach: The Vital Role of Accountability & Self-Monitoring in Behavior Change

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2023 Summer Webinar Series: Exploring the “Why” to Generate Lasting Behavior Change

- June 6, 2023
 - Helping Clients Explore and Articulate Values, Sense of Meaning, and Purpose
 - Tom Lenz, PharmD, FACLM
- June 13, 2023
 - The Coach Approach: The Vital Role of Accountability & Self-Monitoring in Behavior Change
 - Vicki Bautista, Ed.D., NBC-HWC
- June 20, 2023
 - Connecting the Client to their Perspective
 - Jessica Guerrero, M.S., RN, NBC-HWC
- June 27, 2023
 - Using Motivational Interviewing Techniques to Assist the Client in Uncovering Their Intrinsic Motivation
 - Amy Cosimano Ed.D., RN, NBC-HWC

Disclosure

No financial interest/arrangement or affiliation that would be considered a conflict of interest is associated with this presentation.

Objectives

At the end of this session, participants will be able to:

- Summarize the importance of discussing accountability in the health coaching relationship.
- Describe the purpose of self-monitoring in health coaching.
- Identify accountability and self-monitoring strategies that can be used when collaborating with clients.

The Behavior Change Formula

Accountability + Self-Monitoring = Behavior Change

Assume that:

- Coach Approach is being used
- Solid SMART goals have been created

Review: Coach Approach

Coach Approach	Expert Approach
Partner	Authority
Facilitator of Change – 75%	Educator – 25%
Client's Agenda	Defines Agenda
Client's Responsibility for Health	Feels Responsible for Client's Health
Co-discovers answers	Has the Answers
Client Works as Hard as Coach	Works Harder than the Client

Review: SMART Goals

- **Specific**
 - Goals should include action words or phrases to describe what the client will do.
- **Measurable**
 - Goals should include criteria to measure progress over time.
- **Attainable**
 - Goals should require some effort but should also be within reasonable reach.
- **Realistic**
 - Goals should align with the client's overall health and wellness desires.
- **Time Bound**
 - Goals should provide clear target date for completion.

What is Accountability?

Accountability is “the expectation of account sharing” or the understanding that there will be sharing through some form of social interaction.

The Layers of Accountability in Health Coaching

1. The client/patient

"How do you plan to hold yourself accountable for this goal?"

2. Social support

"Who could help keep you accountable for this goal?"

3. Health Coach

"How can I (the health coach) keep you accountable for this goal?"

What is Self-Monitoring?

Self-monitoring refers to observing and recording patterns, followed by a discussion and/or reflection on the behaviors and/or intended goals.

The goal of self-monitoring is to increase self-awareness about identified goals.

Considerations for Self-Monitoring

Positives	Negatives
Raises self-awareness about intended goals.	It is tedious.
Encourages clients/patients to reflect on behaviors and make informed decisions regarding goals.	Corresponding strategies needed to motivate individuals depending on Stage of Change.
Provides useful information on how to achieve desired goals.	It could lead to unhealthy behaviors.

Self-Monitoring Tools

- Commonly used self-monitoring tools in health coaching include:
 - Diaries/Journals
 - Checklists
 - Logs
 - Equipment (watches, pedometers, or phones)
 - Apps
- Keep the tools and process simple!
(what is already being used?)

Accountability + Self-Monitoring

- Read through/review the entire tool first.
- Consider the big picture/major trends.
- Highlight positive changes.
- Avoid the overuse of educative statements.
- Ask questions with curiosity.

How Do You Implement an Accountability & Self-Monitoring Check-In?

- Between session check-in through identified platform.
- Pre-session email or form; what were your successes? what were your challenges? Coach should review prior to session.
- In session follow-up questions at the beginning of a coaching session:
 - Tell me what went well?
 - What did you learn from this?
 - What didn't you accomplish that you wanted to?
- Provide the accountability check-in at the beginning of the coaching session.
 - *Let client choose the focus of the coaching session.

Final Thoughts...

- Coaches should not work harder than the client/patient.
- Accountability and self-monitoring is always client/patient driven.

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Questions?
Comments.

Resources

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