



Coaching Report

January 2016

Directors' Corner

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." – Winston Churchill

In mid-December, I had the good fortune of starting a new job with the Institute of Coaching (IOC) as the Director of Operations and Marketing. That change for the IOC and me -- and the convergence of the New Year -- provide a great launch-point for a few themes that have been on my mind as a coach and IOC Director; opportunity and self-care.

Opportunity. Coaching's time has come. As a coach and past C-level executive, I've seen the difference coaching can make in work-life balance, leadership and wellness arenas; positive and sometimes dramatic outcomes I'm sure many of you have also seen. We all know that the coaching profession has grown tremendously in its reach, integrity and impact. After just over a month on the job, it's also clear to me that the IOC is uniquely poised to support our vital community's growth with the best services, events and resources possible. I hope that's clear to you, too. In any case, our fervent resolution for 2016 is to make good on this opportunity and empowering potential. We want you and your clients to *flourish*, and we want IOC to be a valuable partner in your journey. The embedded opportunities there are boundless for all of us.

Self-care. Very few (if any) of us dismiss the practical value of self-care / health. Evidence of that resides in many places, not the least of which are New Year's resolutions with a wellness focus. Yet for many of us, self-care can be *elusive*. Ironically, self-care practices can subside or evaporate all together when we get really busy and need them the most. As coaches, we need the "being skills" directly

IN THIS ISSUE:

- **DIRECTORS' CORNER**
- **RESEARCH:**
"The effects of health coaching on adult patients with chronic diseases: a systematic review"
- **BOOKS:**
Optimal Stress: Living in Your Best Stress Zone

WEBINARS

January 29th 10:00 – 11:15 a.m. ET
Carol J. Scott, MD, MEd, FACEP – Taking Control of Your Health in 2016: A Guide for Coaches and Your Clients

February 17th 9:00-10:15 a.m. ET
Sunny Stout-Rostro, DProf – The Tactic Dimension: Developing Self as Coach in the 21st Century

SPECIAL EVENTS

Brainpower!! A special webcast featuring Dan Goleman and Dan Siegel. Starts Feb 2. Register now!

HARNISCH GRANTS:

Next Grant Deadline: February 1st

Special thanks to our Sponsors, Fellows, Members and

supported by mindfulness and self-care, skills essential to coaching presence and growth of the coach-client relationship. The old airplane-oxygen-mask metaphor is operative here; you can't assist others if your own mask isn't in place.

This month's webinar with Carol Scott, MD, provides some direct and practical answers to the self-care challenge. She addresses both the coach-self-care and coach-helping-client perspectives. Carol's book – also described below – is a wonderful accompaniment to her webinar. Please investigate both!

In our February webinar, Sunny Stout-Rostron delves into the being qualities you need to cultivate as a coach in the modern "VUCA" (volatility, uncertainty, complexity, ambiguity) world, with its attendant stressors. Again, qualities which can be compromised by lack of self-care. You can register below for Sunny's webinar.

To extend the self-care metaphor to our own IOC, 2016 will bring big, ongoing improvements to our website, our interactions with members and sponsors, our internal business processes and other areas. We're investing in and taking care of IOC so we're optimized to empower you! As a new director with that as my mandate, I would love to hear from you. Your feedback shapes our direction and hones our services. You can reach me at chip.carter@instituteofcoaching.org.

Here's to an opportunity-laden, healthy, and fruitful 2016!

Chip Carter, Director of Operations and Marketing



Research You Need to Know

"The effects of health coaching on adult patients with chronic diseases: a systematic review" by Kirsi Kivelä, Satu Elo, Helvi Kyngäs, & Maria Kääriäinen. (2014) Patient Education and Counseling, 97(2), 147-157.

Summary

Does health and wellness coaching have a positive impact on adult patients with chronic diseases? If so, what are the effects, and what are the implications for health and wellness coaches?

This meta-analysis understands health and wellness coaching as directed toward behavior change and the achievement of health

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related goals. It started with 1,267 potentially relevant studies published between 2009 and 2013; thirteen studies were selected, and eleven of the thirteen showed statistically significant improvements in physiological, behavioral, psychological and social outcomes of people with chronic disease, including chronic disease management.

Specifically, statistically significant results revealed better weight management, increased physical activity and improved physical and mental health status. Conclusions: Health coaching improves the management of chronic diseases. The selection of only 13 of 1,267 studies suggests that further research is needed, particularly in the areas of the cost-effectiveness of health coaching and its long-term effectiveness for chronic diseases.

View article on line [here](#).

Takeaways for practice:

- Coaches can make an evidence-based case for the benefits of health and wellness coaching to clients and to healthcare organizations who might provide partnership or referral.
- Improvements were most evident for people with diabetes or overweight status, and in the area of increasing physical activity and improving self-efficacy and physical and mental health. Coaches can use this information to shape their practice content and approach.
- Both face-to-face and telephone based coaching proved to be effective, particularly in combination. Coaches can use this set of conclusions to expand their client base, coaching reach, and potentially coaching efficiency.
- The effects were most robust with coaching sessions that lasted for six to eight months. This conclusion helps coaches communicate to clients in the interests of achieving sustained outcomes.

Books Important for Coaches

Optimal Stress: Living in Your Best Stress Zone

by Carol J. Scott, MD, MEd, FACEP

If you or your coaching clients are challenged on the stress and self-care fronts, Carol Scott's book will be a must-read for you. Optimal Stress is oriented toward women.

If you're juggling the issues and demands of self, home, family, health, and the workplace, stress is one of the most important emotional and physical problems you face every day. Stress is inevitable, but this book shows you how to embrace it and use it.

The key lies in learning how to transform harmful reactions into healthy responses.

Optimal Stress offers a new way to view, organize, and shape your world so that you have a healthy response to any stressor or demand in your life. Its approach helps you develop a crucial understanding of what stress is, what it is not, and most importantly, how to find the right stress-health balance.

- Clarifies the link between stress and medical disorders such as: heart disease, immune disorders, diabetes, and gastrointestinal issues
- Explains three key principles -- Priorities, Passions, and Purpose -- to help you understand and handle stress
- Shares data as well as other women's true stories, feelings, and insights about stress
- Reveals that stress is a process, with emotional, psychological, behavioral, biological and physical components
- Helps you find a renewed sense of meaning, coherence, and balance in your life through discovery of your personal BestStress Zone
- Gets you in touch with your unique physical and personality traits and life circumstances that contribute to stress

Don't let stress overwhelm you-discover Optimal Stress and regain balance in your life.

Offerings for members of the Institute of Coaching

Not a member? Join us! Our member-donor association is designed to be your bridge from scientific research to best practices in leadership, health / wellness, and personal coaching.

[Learn more about IOC membership levels](#)

Live Webinars for IOC members:

Taking Control of Your Health in 2016: A Guide for Coaches and Your Clients with Carol J. Scott, MD, MEd, FACEP

Date: January 29th, 2016

Time: 10:00 - 11:15 a.m. EST

An unexpected health issue can derail even the most successful trajectory of a coaching client or organization. A negative diagnosis can lead to the erosion of organizational performance, personal assets and an immediate shift in priorities.

This presentation explores opportunities for taking control of personal health and wellness for coaches and your clients. Dr. Scott will present real-life patient experiences that will help you learn how to prevent and manage the healthcare moments that are an inevitable part of life. Best practices and tools developed by Dr. Scott that can be put to personal use or shared with clients include:

- CEO Model of Wellness: How to fortify your personal and family wellness.
- S.M.A.R.T. Thinking: What high-risk industries teach about maintaining health and wellness.
- Five specific recommendations for less stress and better health in 2016.

The Tactic Dimension: Developing Self as Coach in the 21st Century with Sunny Stout-Rostron, DProf

Date: February 17th, 2016

Time: 9:00 - 10:15 a.m. EST

In the fast paced, VUCA world of the new century, the need to develop strong, capable leaders remains constant. Leadership and business coaches have a critical part to play. Sunny will explore the core development challenges for leaders and coaches in the 21st century. She will also focus on the Tacit Dimension – examining how you ‘be’ in the coaching relationship versus your skills, competencies and expertise. This webinar will be practical and experiential, working with us to create the conditions for high quality coaching conversations and deepening our own self-reflective practice. She will cover:

- Learn or Die – Getting Leaders into a Learning Mind-set
- What it Means to be a Leader and a Coach in a VUCA World
- Six Defining Traits of the 21st Century Organisation
- Working with the Tacit Dimension – How Are You Being in the Coaching Relationship?
- Deepening Self-reflective practice – What should you be doing?

[View our Calendar section](#) for all our latest events and offerings.

Brainpower Event starting February 2!!

In celebration of our long-standing partnership with Dan Goleman and Dan Siegel, we are offering our members an exciting opportunity to elevate their coaching practice with the latest information on emotional intelligence and neuroscience:

+ Special 4-session webcast with the two Dan's -- offered at a *20% discount* (\$199 instead of \$249) to our affiliates/fellows. **For more information and to register:**

- Click on [this link](#)
- At checkout apply the coupon code **IOCBrainpower**
- Contact mike@morethansound.net for any issues or questions

If you haven't done so, don't wait to register for this special webcast. In advance, check out these links to rich Brainpower content:

[Why Brain Science Matters in Leadership Development](#)

[The Benefits of Understanding the Science of Leadership Development](#)

[How to Translate Brain Science into Leadership Skills](#)