

KaziHealth

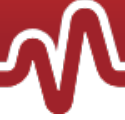


LIFESTYLE COACHING

Session 1: Introduction to Coaching



By the end of the session you would have...



- An understanding of coaching
- An understanding of the MoVo process model and intervention program
- An understanding of what SMART goals entail
- Started on your journey of self-coaching towards optimal well-being using motivational and volitional strategies as set out by MoVo

Definition

Coaching is:

- a process that fosters self-awareness and brings about the motivation to change

Dotlich & Cairo (1999)

- a process of revealing the greatness in people

Buck (2004)

Coaching

Involves:

- **Goal-setting:** Setting your own goals
- **Action planning:** Taking action to achieve goals
- **Barrier management:** What is standing in your way of achieving your goals?
- **Self-monitoring:** Becoming aware of where you are and where you want to be



MoVo Process Model : Coaching

Successful setup and maintenance of health behaviours depends on 5 psychological factors:

1. Goal Intention
2. Self-Concordance of Goal Intention
3. Implementation Intentions
4. Volitional Strategies of Intention Shielding
5. Outcome Experiences



MoVo Intervention: Making the Change

Change involves:

- Motivational Strategies:

Forming a strong and self-concordant goal intention (indicated as “M”)

- Volitional Strategies:

Focus on implementation competencies and action control abilities (indicated as “V”)

- Making the change and monitoring it



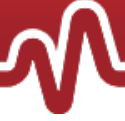
Session 1



Feedback and discussion:

- What are your thoughts about the feedback?
- How do you feel about the feedback?
- What is it that you want to change after receiving feedback?

Session 1



What do you need to do (THINK ACTIONS!) to make this change a reality? (M)

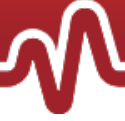
- Look at the pros and cons of each action identified
- How confident do you feel in achieving these actions?

Session 1



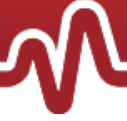
- Decide on a specific goal for yourself (M)
- Which action do you want to pursue to achieve this goal?
- Why is this goal important to you? (M)

Session 1



- Discuss the “when, where and how” of your goal ? (V)
- What can prevent you from achieving your goal ? (V)
- How can you deal with barriers that can prevent you from achieving your goal? (V)

Session 1



- How will you monitor your progress? (V)
- Worksheets:
 - Goal setting
 - Progress table
 - Time management sheet
 - Goal setting reflection

Goals

Setting SMART Goals:

- Specific
- **M**easurable
- Achievable
- Realistic
- Time-bound

Physical Activity





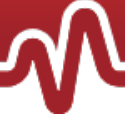
What is **PHYSICAL ACTIVITY**?

- **Physical activity** is any bodily movement that results in energy expenditure.
- The term "**physical activity**" includes in addition to sport activities such as swimming, running and soccer also, leisure and routine everyday activities, such as gardening, house work or washing the car.



Why should you
be **physically**
active?

Physical Activity

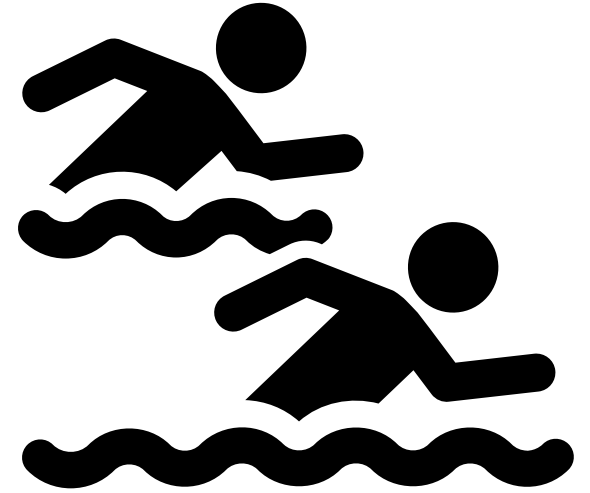
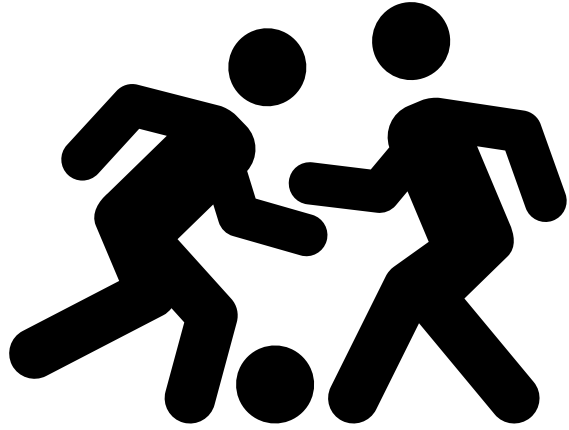


- Regular physical activity is one of the most important things you can do for your health.
- Benefits of physical activity
 - ✓ Improves blood circulation, which reduces the risk of heart disease.
 - ✓ Keeps weight under control.
 - ✓ Improves blood cholesterol levels.
 - ✓ Prevents and manages high blood pressure.
 - ✓ Boosts energy level.
 - ✓ Helps manage stress.
 - ✓ Helps in the battle to quit smoking.

Movement Matters

exercise is medicine

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.



Adding PHYSICAL ACTIVITY to your life

How much physical activity do you need?

FITT Principle

- ❑ FITT is an acronym which outlines key components
 - ✓ Frequency (3 – 5 days per week)
 - ✓ Intensity (easy, moderate or vigorous)
 - ✓ Type (sport or leisure activities)
 - ✓ Time



Physical Activity **can be differentiated by intensities** so you can use the “talk test” to estimate intensity.

Easy: You can breathe and talk comfortably.

Moderate: You are slightly out of breath and conversation is only possible in short sentences.

Vigorous: Sweat significantly, and breathing becomes more difficult as you can hardly hold a conversation.



physical activity **moderate intensity**



30 minutes a day

150 minutes per week
minimum



Examples of everyday sport & recreational activities

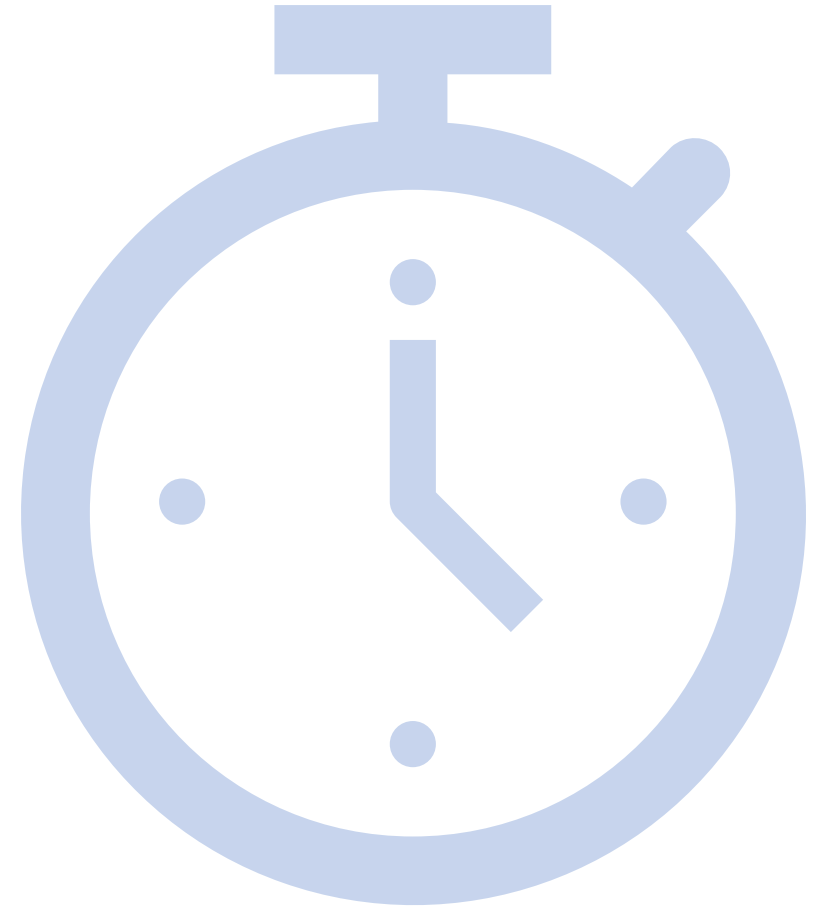
Exercise Variety

- ✓ **Cardiorespiratory fitness:** a minimum of 3 days a week is necessary to reach most exercise goals and maximize health benefits. **WALKING...**
- ✓ **Strength training:** a minimum of 2 days per week that works all major muscle groups. **NOT ALWAYS IN THE GYM ... EVERYDAY TASKS...**
- ✓ **Flexibility training:** a minimum of 3-5 days per week. **SIMPLE STRETCHES**



10 minutes at a time

The good news is that you can spread your activity out during the day, so you don't have to do it all at once. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.





Where can I be
Physically Active?

@ school

@ home

@ the mall

EVERYWHERE



If you're thinking, "How can I meet the guidelines each week?" Don't worry. You'll be surprised by the variety of activities you have to choose from.

There are many ways to
get the physical activity
that you need



All good things in life, including
exercise habits, take time to
develop.

By choosing physical activities you enjoy and that match your abilities, it will help
ensure that you stick with them. If you're not sure where to start, here are some

examples...





Play with your kids at the playground.



Use the stairs wherever possible.



Try to use active transport like walking or riding a bicycle.



10 000 steps per day. Park a distance away from the shopping centre so you can get your steps in.



Be physically active with others and set a common goal, like participating in the weekly Park Run.



Take your time to find leisure activities that you enjoy. Consider activities like gardening or taking your dogs for a walk.



Find opportunities to be physically active

Creating opportunities to walk at school may address many barriers such as not having time to walk after work, concerns about safety, or lack of support.



Exercise is medicine

Physical activity prolongs your optimal health
and improves your quality of life

A woman with long, curly brown hair is standing in the center of a classroom. She is wearing a white tank top under a light pink cardigan and blue jeans. Her mouth is wide open in a shout or scream, and her right hand is pressed against her forehead. The background is a blurred classroom with other students and a map on the wall.

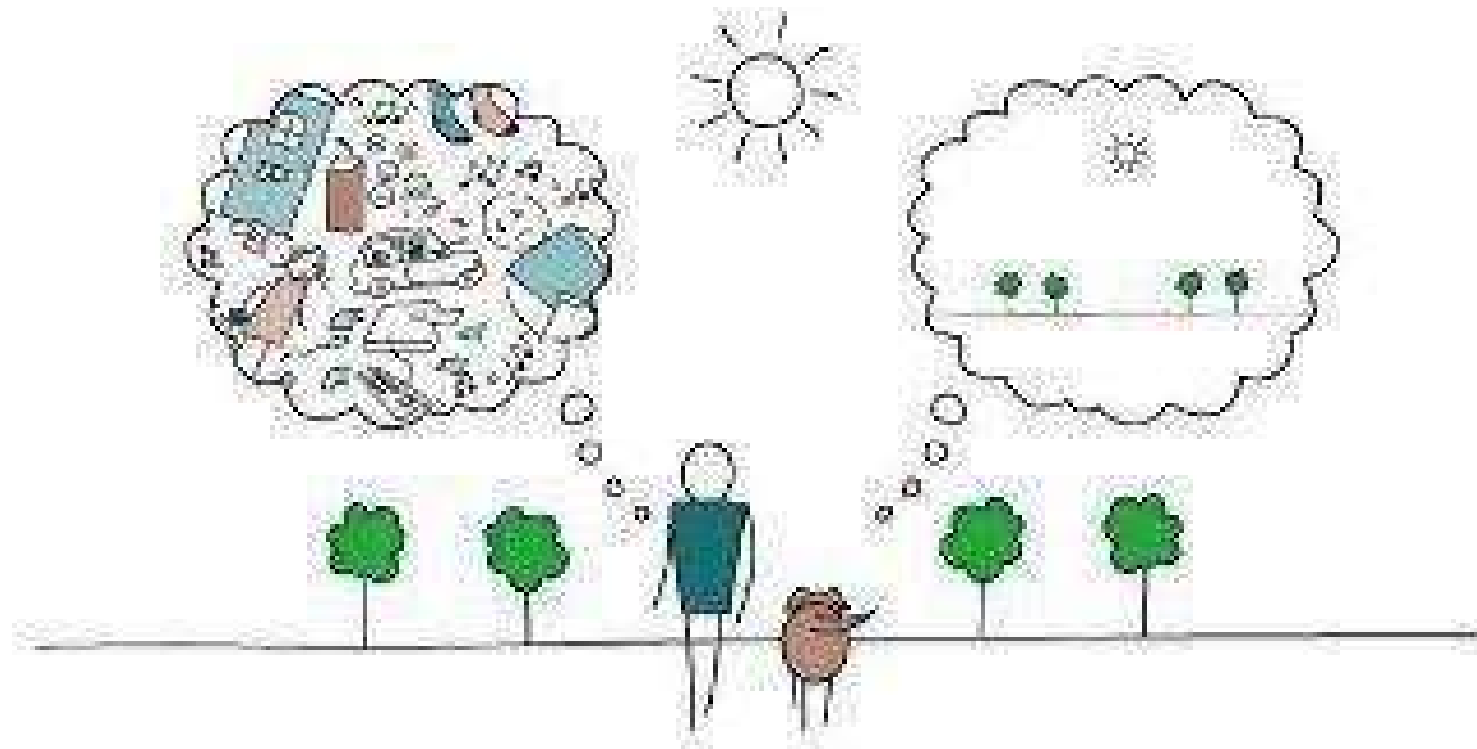
Stress

Recognising, Understanding and Mastering Stress
A Pro-Active Approach Towards Managing Stress

Understanding Stress



- Difficult to define
- Stress is subjective
- Physiological reaction activated when stress is perceived
- Automatic response
- Stress reaction leads to stress hormones being released



Understanding Stress

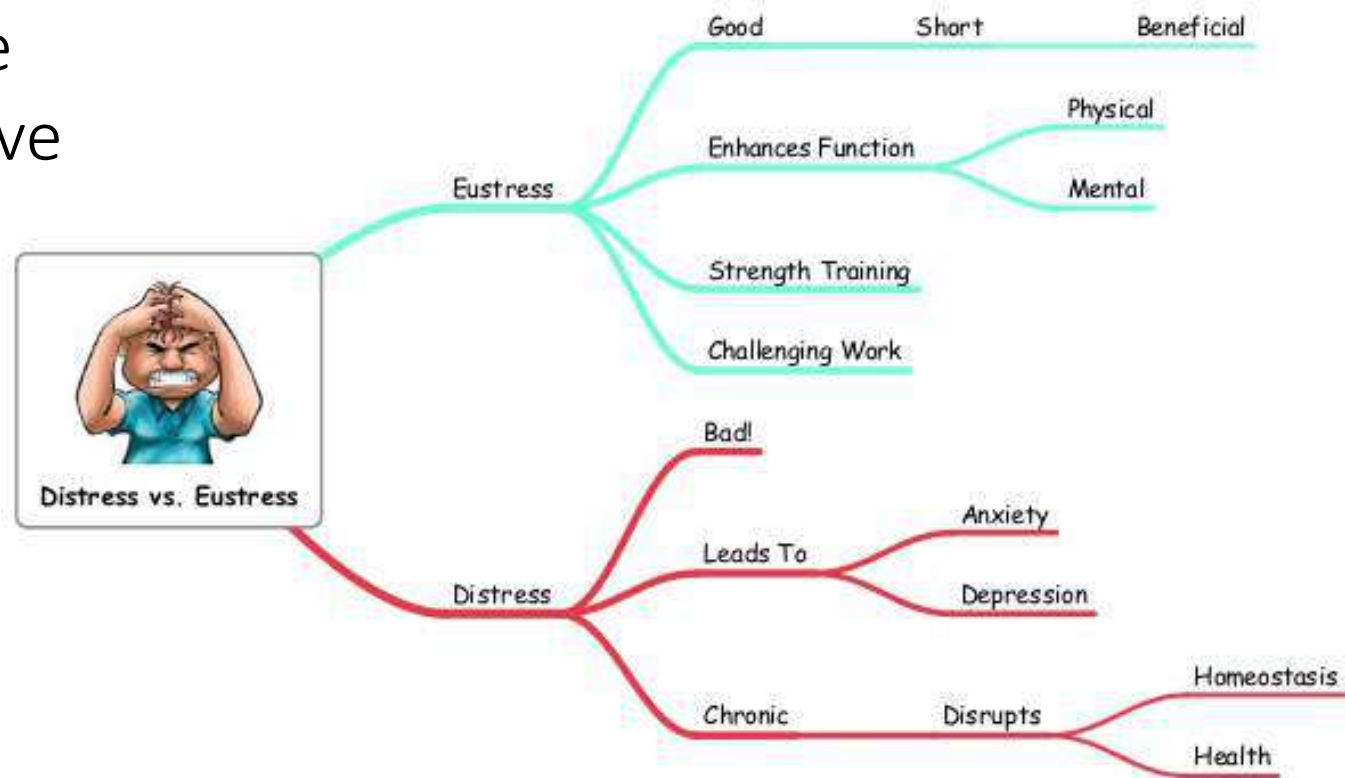


Eustress

Stress that is motivational or positive
Results in actions that are constructive
Writing a test or running a marathon

Distress

Stress that is negative or debilitating
Threat to ability to cope
“I am stressed”



Understanding Stress

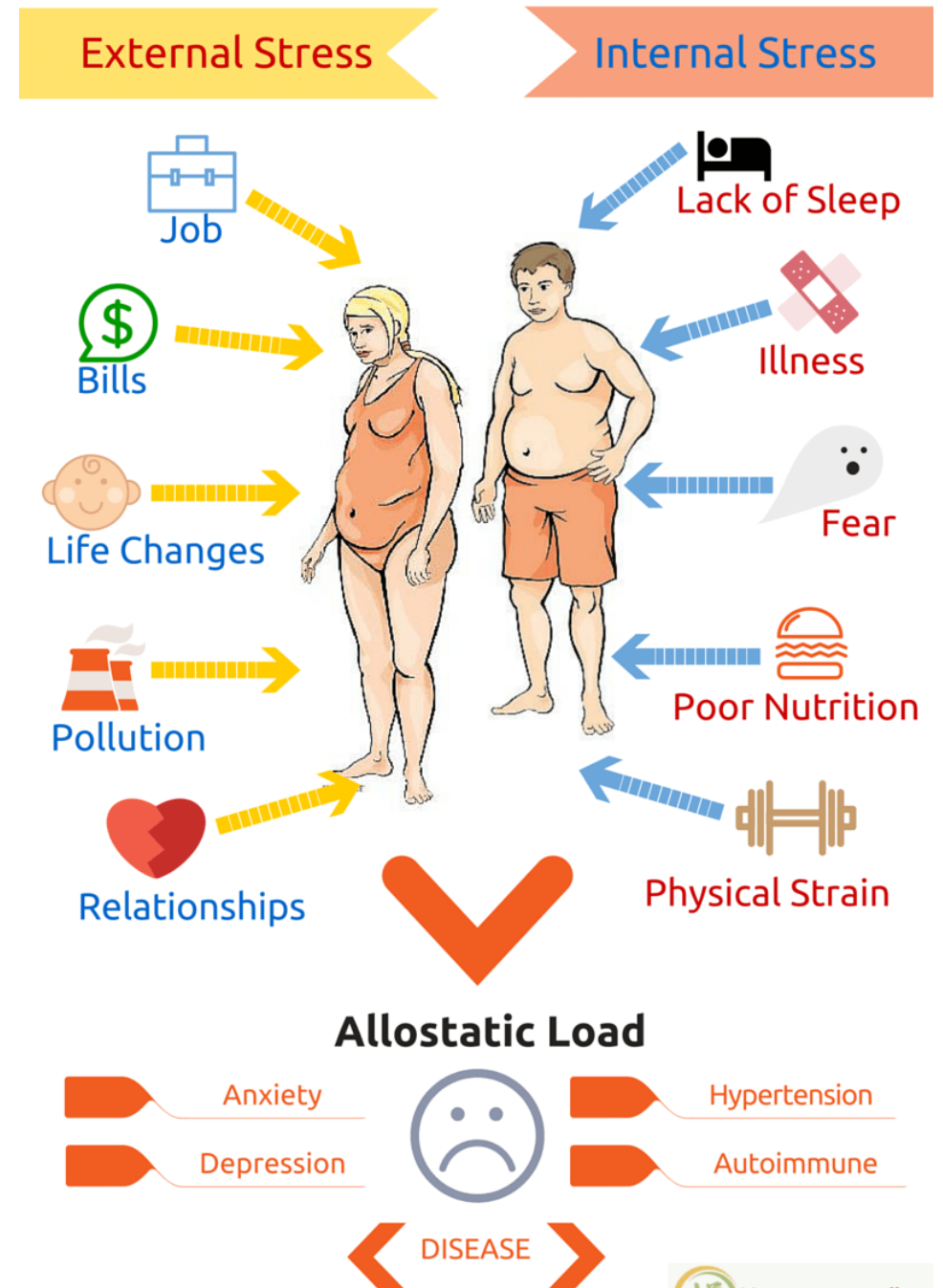
Stressors trigger the stress response
(very subjective)

External stressors

- Work situation
- Relationships
- Illness

Internal stressors

- Fears and Anxieties
- Emotional problems
- Trauma



Recognising Stress

Ask yourself the following questions:

How do I know I am stressed?

What are my physical reactions to stress?

What do I think or feel when I am stressed?

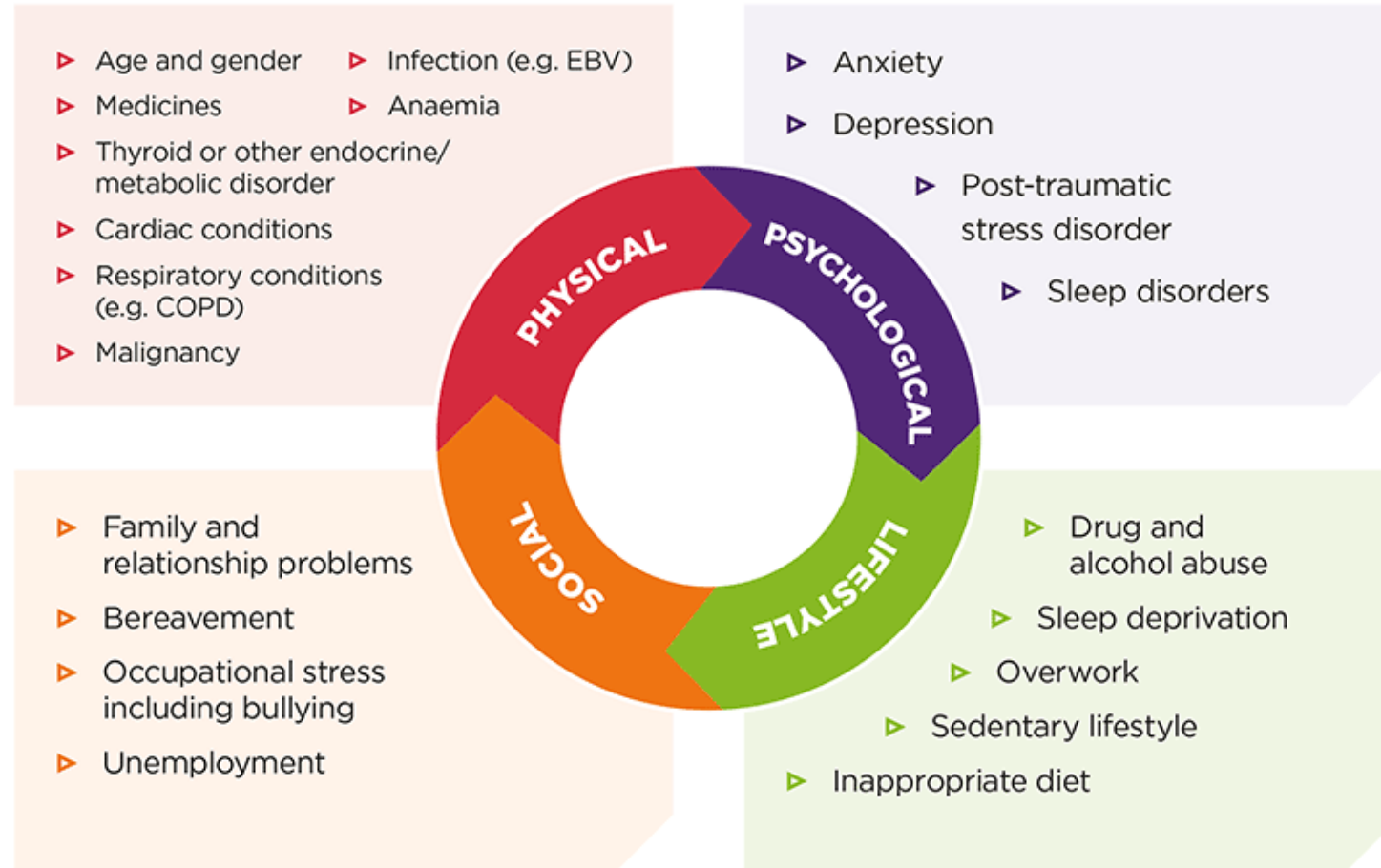
What do I do when I am stressed?



Becoming aware of your reaction to stressors assists in managing stress better



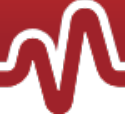
Recognising Stress



Note: this list is not exhaustive; many other factors may contribute to stress and fatigue.

Abbreviation: EBV = Epstein-Barr virus

Recognising Stress



Stress Reaction

1. Alarm Stage

Body recognises stressor, hormones released, physical reaction to stress

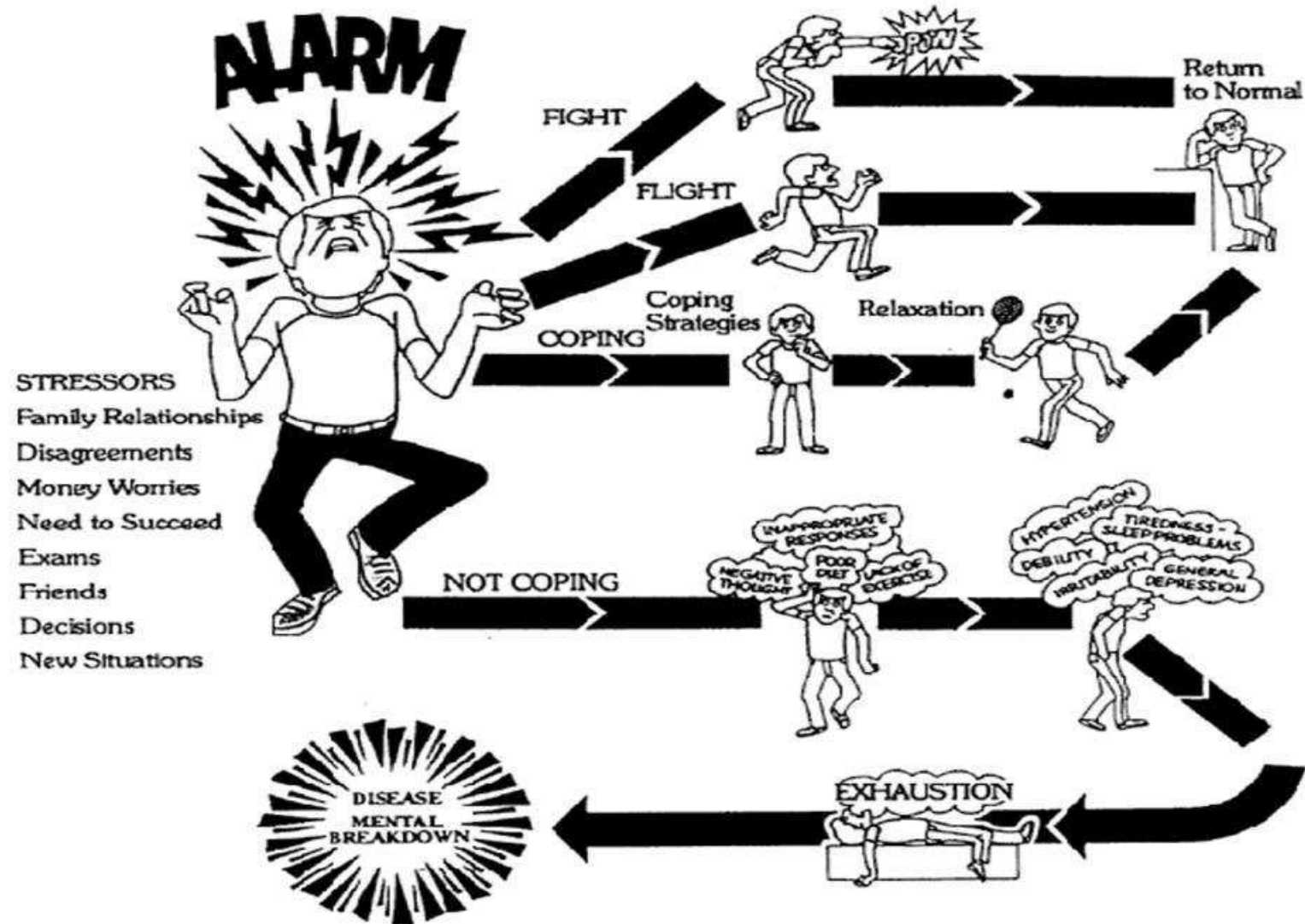
2. Resistance Stage

Body repairs damage done during alarm stage, physical reaction to stress ceases

3. Exhaustion Stage

Stressor still present, move to alarm stage, individual becomes exhausted and impaired

Recognising Stress



Signs of Stress



Stress can manifest in the following ways:

- 1. Physically**
- 2. Psychologically**
- 3. Behaviourally**

Signs of Stress

1. Physical Signs of Stress

- Fatigue
- Muscle tension
- Headache
- Increased heartrate
- Sleep disorders
- High blood pressure



Signs of Stress

2. Psychological Signs of Stress

Relates to thinking and feeling processes

- Anxiety
- Pessimism
- Forgetfulness
- Lack of concentration
- Loneliness
- Depression
- Burnout



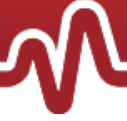
Signs of Stress

3. Behavioural Signs of Stress

- Decrease in work performance
- Unhealthy eating habits (binge eating)
- Smoking and drinking
- Relationship issues due to irritability and impatience



Mastering Stress



1. Self Monitoring

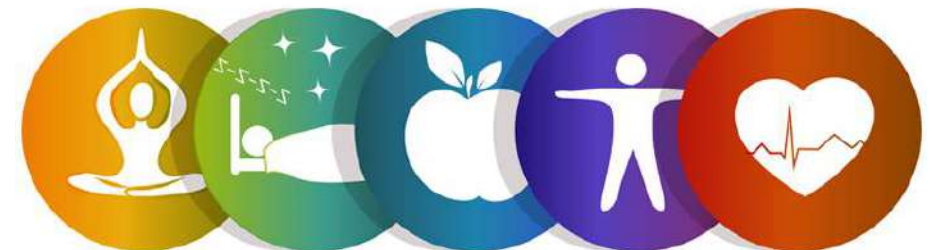
Keep a stress diary

- Identify stressors in your life
- Identify how you react to these stressors
- Identify how you can manage these stressors better

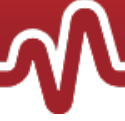
Observe thought processes

- Interrupt stress inducing thoughts
- Replace stress inducing thoughts with constructive thoughts
- Stay positive!

Make use of the Stress Manual and *KaziHealth* application



Mastering Stress



2. Physical Activity and Sport

Incorporate 30 minutes of moderate intensity physical activity into your daily routine.

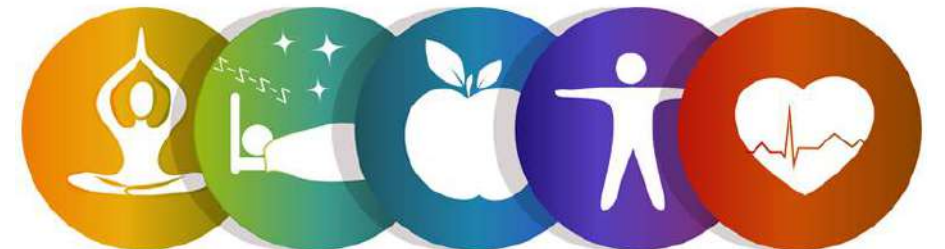
Incorporate relaxing exercise such as stretching or yoga into your daily routine.

3. Correct Breathing

Monitor your breathing, especially when stressed.

Decrease your breathing rate by taking long inhalations through your nose and long exhalations through your mouth.

Decreasing your breathing rate will decrease your heart rate.



Mastering Stress



4. Healthy Balanced Diet

Diet should include complex carbohydrates, vegetables, fruits and nuts

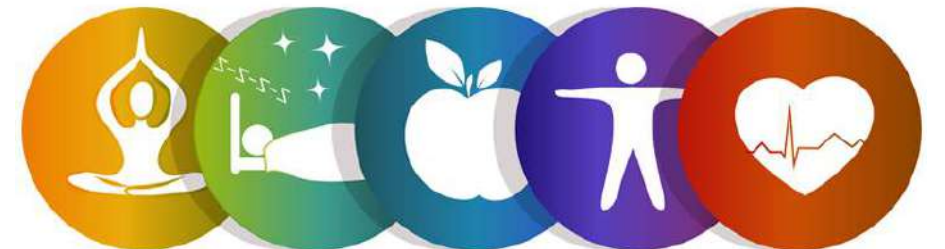
Avoid sugar, white flour, alcohol and nicotine

Stay hydrated by drinking 1.5-2L water daily

5. Develop a Sense of Humour

Don't take things too seriously and learn to laugh more

6. Improve Sleep Patterns



Value of Good Sleep

Physically

Energises the body

Mentally

Information organized and stored

Unnecessary information erased

Creativity boosted

Replenishes body and mind to manage stress better



How much sleep do I need?

- Individual - become aware of your body's needs
- Not an indulgence but necessary to function effectively
- **7-9 hours sleep** a night recommended
- No amount of willpower can replenish lost sleep

Indications of Sleep Disorders

- Trouble falling asleep
- Waking up too early
- Restless sleep
- Fatigue
- Difficulty concentrating



Strategies to Sleep Better

- Exercise regularly
- Keep regular sleeping hours
- Introduce night time calming rituals (reading)
- Make sure bedroom is ventilated and dark
- Keep bedroom technology free - no TV, emails, cell phones
- Don't eat heavy, high protein meals before bedtime

HOW TO GET A BETTER SLEEP

CONTROL EXPOSURE TO
LIGHT



**MANAGE
STRESS**



**HEALTHY SNACK
BEFORE BED**



**COMFORTABLE
BED**



**EXERCISE
EARLY**



**CUT DOWN
CAFFEINE**

**LEARN TO
RELAX**



**SLEEP
SCHEDULE**



**GO TO BED WHEN
TIRED**



Strategies to Sleep Better



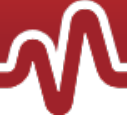
- Don't take worries to bed
- Avoid alcohol and sugary snacks close to bedtime
- Avoid caffeine six hours before sleep
- Cut out long naps and naps after 18:00
- Don't toss and turn in bed - after twenty minutes, get out of bed and do a relaxing activity



DIET AND NUTRITION



Diet



Manage and control what and how much food you consume on a meal to meal basis.

By doing this, you will know exactly what you are putting in your body for essential growth, repair and energy.

Food is essentially our source of energy for performing daily activities and life sustaining functions.

Therefore based on what you will be doing within a day, would change what sort of diet is most beneficial for you.

Nutrition



The materials and food necessary in order to sustain normal functioning of the body. This involves Vitamins and Minerals.

Supplementation is often necessary if a diet is lacking in nutrition.



Daily Meals

BREAKFAST (first source of energy for the day)

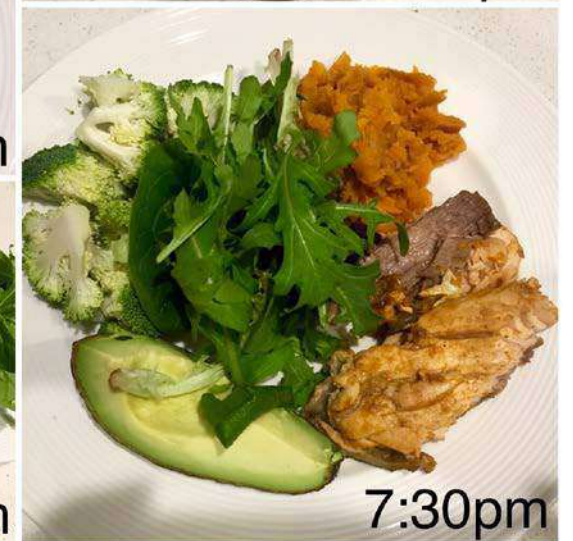
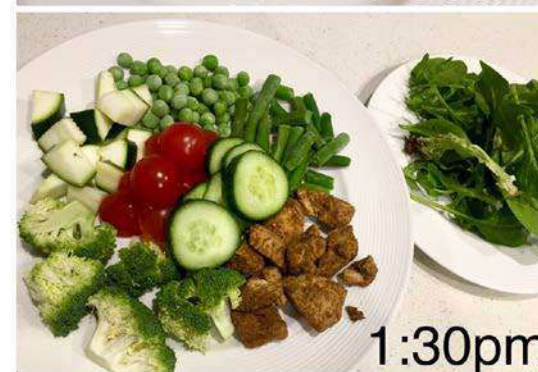
Mid-morning snack (light meal)

LUNCH

Afternoon snack (light meal)

DINNER

Rather eat more regular meals in smaller portions, than fewer meals in bigger portions.



Food Groups



Carbohydrates

Proteins

Fats

Eating a balance between groups is essential for nutritional and energy reasons. Therefore ensure that your grocery list involves all three.

Examples of groceries for various groups

Protein – chicken breast, eggs, fish, nuts, grains and red meats

Carbohydrates – whole wheat breads, fruit and vegetables, rice and cous-cous.

Fats – olive oil, dairy products, cheat meals (sweets and chocolate)

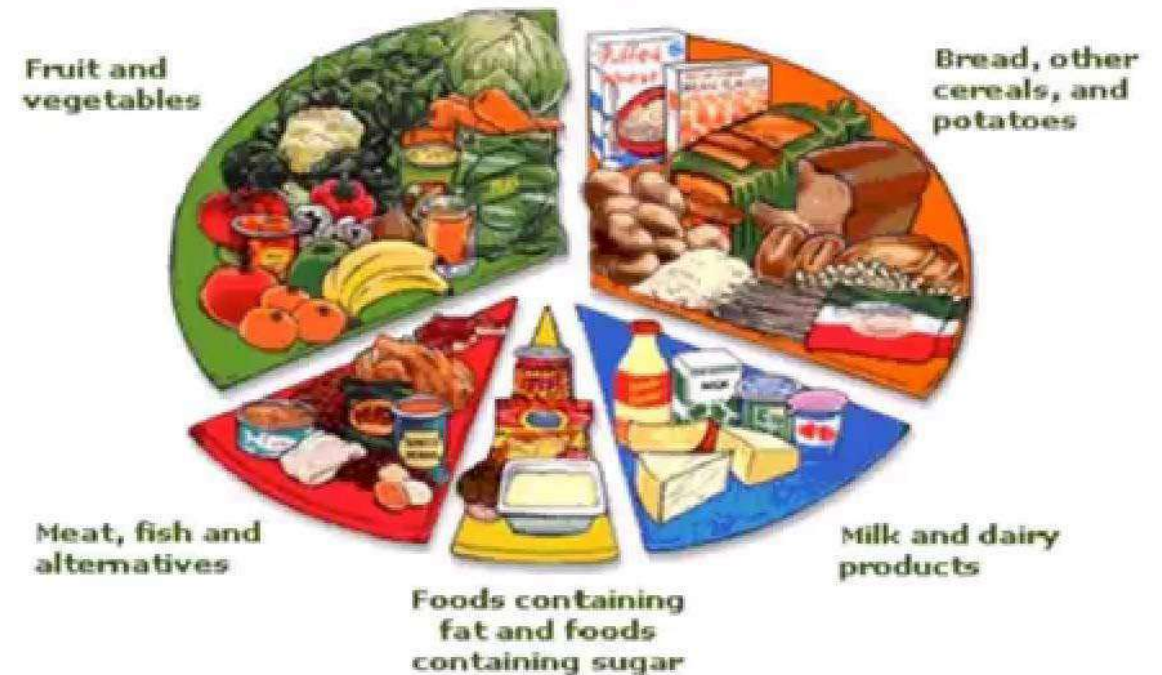
All food is good for you as long as it is consumed in moderation



Food Pyramid

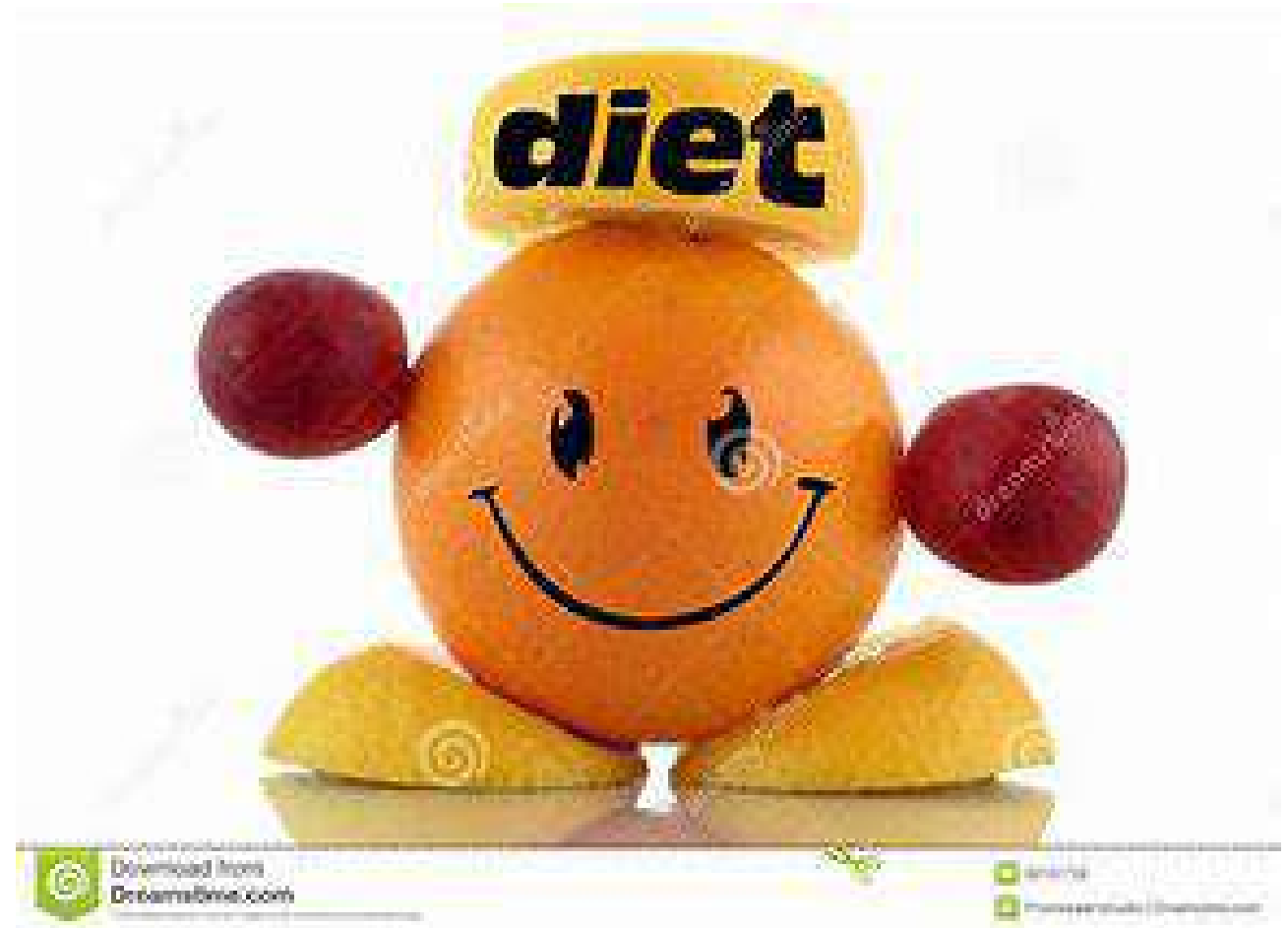
- Further breakdown of Food groups
- Basic nutrition needed for life sustaining functions
- Fats, Dairy, Meat, Fruit and Veg and Grains.

THE 5 FOOD GROUPS



Why is eating a balanced diet important?

- Increases energy levels
- Improves concentration
- Decreases body fat percentage
- Food is easily processed
- Decreases feelings of fullness and bloating
- Nutritional balance
- Prevents and treats diseases



How can you balance your diet?



Grains

Carbohydrate energy supplementation

Add rice to dinner

Use cracker bread to replace bread at lunch

Eat healthy breads in the morning for energy

How can you balance your diet?



Fruit and vegetables

Good source of minerals and low in energy

5 servings per day, therefore add fruits in as snacks

Start your day with a fruit before eating breakfast

Stick to the vegetables you enjoy



How can you balance your diet?



Meat

Primary source of protein and provides nutrients for growth and repair

Eat less red meat and eat more white meat

Add nuts as a snack



How can you balance your diet?



Dairy

Good source of calcium necessary for strong and healthy bones

Add plain yoghurt to cereal

Drink a glass of milk once a day

Use cottage cheese on your cracker bread instead of cheese



Tips

- Decrease fast food intake
- Decrease added salt
- Decrease use of sauces
- Decrease saturated fats as they are high in cholesterol



DRINK

MORE

WATER



References

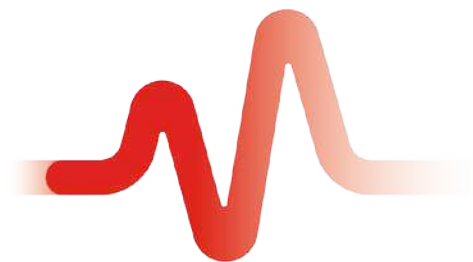
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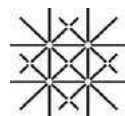
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