Professional Coach Training Pilot Launched
We are still glowing from the delightful and enriching experience we had in Nashville, June 25-27, with most of the Professional Coach Training Pilot participants. In the first of its kind, this residential weekend was designed to support participants in deepening their understanding and skill in the areas of personal well-being, mindfulness, empathy, and courage. For 32 weeks, this group (and about 15 others who were not able to attend the live workshop), are meeting weekly to expand their mastery of coaching skills around topics such as curiosity, the immunity to change, strengths, relationships, self-determination, and coaching of life goals which drive health and well-being. Anticipating success within the next five years for the launch of national standards and credentialing of health and wellness coaches, our professional coach training program will be suitable for a national credential and will set the highest standard for masterful health and wellness coaching.
Register Now for the 3rd Annual Harvard Medical School Conference on Coaching in Medicine and Leadership
The Harvard Medical School Conference on Coaching in Medicine and Leadership conference will be held in Boston September 24-25. Registration is now open through Harvard Medical School.

Don’t miss the Wellcoaches pre-conference event and reception on Thursday, September 23 from 3 pm to 7:30 pm. Email klindstrom@wellcoaches.com if you wish to register for the pre-conference.

This energizing and groundbreaking event will feature keynotes by world leaders in coaching, theories that support coaching, and coaching research as well as breakout sessions with coaching exercises and demonstrations and a closing keynote/performance by a psychiatrist/concert pianist.

Speakers include:

- **Barbara Fredrickson**, PhD, is the Kenan Distinguished Professor and Director of the Positive Emotions and Psychophysiology Laboratory (a.k.a. PEP Lab, www.PositiveEmotions.org) at the University of North Carolina at Chapel Hill, where she holds appointments in Psychology and the Kenan-Flagler School of Business. She is co-author of a leading Introductory Psychology textbook, and with the publication of *Positivity* she has written about her research for general audiences. For more information on Fredrickson’s work, please visit PositivityRatio.com.
- **Edward Deci**, PhD, is Helen F. and Fred H. Gowen Professor in the Social Sciences and Professor of Psychology at the University of Rochester. For more than 40 years Deci has been engaged in a program of research on human motivation. Much of this work, done in collaboration with Richard Ryan, has led to and been organized by Self-Determination Theory.
- **Richard Boyatzis**, PhD, is Professor in the Departments of Organizational Behavior, Psychology, and Cognitive Science at Case Western Reserve University and Adjunct Professor at ESADE. He is the author of more

Register for the September Health Coach and Wellness Coach Training Program
Learn more about the program [here](#).

**MASTER CLASSES**
Don't miss our upcoming Wellcoaches Master Classes available to Certified or trained Wellness, Health, or Fitness Coaches. Earn continuing education for both Wellcoaches and ACSM and add new tools to your coaching toolbox.

**Healthy Start, Healthy Weight**
The most recent statistics indicate that Americans are more overweight and obese than ever before. Because the etiology of overweight and obesity are very complex, focusing on weight loss to the exclusion of non-scale successes often leads to relapse. The common “expert” approach can cause both the coach and the client to miss steps that are essential for weight loss success. This course addresses how coaches can integrate the expert role by: Learning the necessary weight loss science; identifying the unique obstacles the overweight and obese population face; and utilizing a unique approach to help clients “evolve” from weight loss to sustainable weight and health management.

**Coaching Around Stress, Using Heart Rate Biofeedback**
Cynthia Ackrill, MD provides the latest research on the physiology and impact of stress, as well as techniques and tools for efficiently addressing stress in our clients’ lives, including how to use and incorporate HeartMath’s EmWave, a proven biofeedback program that reverses the negative effects of stress, improves emotional regulation, increases overall positivity, provides many health benefits, and greatly facilitates all
than 150 articles and books on leadership, competencies, EI, and change from a complexity perspective, including: The Competent Manager; Primal Leadership, and Transforming Qualitative Information.

- **Richard Kogan**, MD, has a distinguished career both as a concert pianist and as a psychiatrist. He has been praised for his "eloquent, compelling, and exquisite" playing by the New York Times, and the Boston Globe wrote that "Kogan has somehow managed to excel at the world's two most demanding professions." He has gained renown for his lecture/recitals that explore the role of music in healing and the influence of psychological forces on the creative output of composers such as Mozart, Beethoven, Chopin, Schumann, Tchaikovsky, George Gershwin and Leonard Bernstein.

- **Robert Kegan**, PhD is a psychologist who teaches, researches, writes, and consults about adult development, adult learning, and professional development. The Meehan Professor of Adult Learning at Harvard Graduate School of Education, he is also educational chair of the Institute for Management and Leadership in Education; and co-director of a joint program with the Harvard Medical School to bring principles of adult learning to the reform of medical education. With Lisa Lahey he is co-author of the book Immunity to Change and co-director of Minds at Work, LLC, a coach-training institute: mindsatwork.com.

- **Richard Schwartz** earned his Ph.D. in Marriage and Family Therapy from Purdue University, after which he began a long association with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently at The Family Institute at Northwestern University, now Associate Professor at both institutions. He is coauthor, with Michael Nichols, of Family Therapy: Concepts and Methods, the most widely used family therapy text in the United States. In 2000, Richard Schwartz founded The Center for Self Leadership in Oak Park, Illinois at selfleadership.org.

- **Sir John Whitmore** is Executive Chairman of Performance Consultants. He is a pre-eminent types of coaching.

**Coach Meg Webinar Series**

I speak at many conferences and work hard to develop innovative and engaging presentations, which only reach conference attendees. To reach a larger audience, I have decided to present a monthly 90-minute webinar series to share the presentations at a fraction of the cost of attending a conference. Click here to view a portion of my first webinar, "Evidence-Based Mechanisms of Coaching." On July 20, I will present on "Coaching Through the Lens of Consciousness," exploring the connection between well-being and consciousness as summarized in an recent IDEA Fitness Journal article.

**Congratulations to Our Newly Certified Coaches**

We are pleased to announce that more than 40 trainees recently became Certified Wellness, Health, or Fitness Coaches.

**Wellness Coaches**
Kelly Bishop, Eileen Bowers, Kristen Butler, Denise Cangiano, Pam Carter, Monica Cate, Dori Coetzee, Donna Condon, Tyrone Currington, Stephanie DeLeon, Mindy Doty, Elise Fabregas, Jordan Fernandez, Christine Fortinberry, Sandi Galligan, Regina Galvan-Garcia, Stacy Gjere, Stacey Grijalva, Susan Hata, Roberta Hoiness, Kristen Hooks, Georgi Jackson-Gehrke, Kim Jefferson, Ryan Kielman, Suzanne Mead, Maria Montoya, Nicole Ofschanka, Paula Phurrrough, Victoria Prussak, Marlen Putman, Shannon Riley, Elyse Robin, Juliana Robine, Jessica Rodriguez, Mark Ruddick, Gary Sforzo, Stacy Sheets, Bridget...
thinker in leadership and organizational change and works globally with leading multinational corporations to establish coaching management cultures and leadership programs. He has written five books on sports, leadership and coaching, of which Coaching for Performance is the best known having sold 500,000 copies in 17 languages.

- **Sanjiv Chopra**, MD, is Professor of Medicine and Faculty Dean for Continuing Medical Education at Harvard Medical School, and Senior Consultant in Hepatology at the Beth Israel Deaconess Medical Center, Boston, Massachusetts. Dr. Chopra is Editor-in-Chief of the Hepatology Section of UpToDate, the most widely used electronic textbook in the world. Dr. Chopra presents on leadership and success, and has received several teaching awards including being elected as a Master of the American College of Physicians, for being "citizen physicians, educational innovators, scientific thinkers and humanists who inspire those around him or her and sets the standards for quality in medicine."

**Wellcoaches in the Media**

Our coaches continue to find their own unique ways to market and deliver the message of health and wellness:

- Enjoy my new Coach Meg blog at Huffington Post titled "Who is driving your health and wellness?"
- While in Brazil last month, I was interviewed for two magazines which featured the articles "Executive Abandons Corporate Life to Be a Coach" and "International Coach in Brazil"
- Our own faculty member and President of the International Association of Coaches, Bob Tschaninen-Moran, was featured in a Coaching Commons article, "The IAC Reveals Revolutionary Path to Coaching’s Future"
- Last year, when she audited the Wellcoaches Health Coach and Wellness Coach training program, coach Lisa Priestly volunteered to be coached by Kate Larsen. The conversation focused on Lisa’s desire to start bike riding, though lacking the self-efficacy she needed to start. "What a difference 10 months makes!"

**Well Read**

**Wellbeing: The Five Essential Elements**

by Tom Rath and James Harter

Much of what we think will improve our wellbeing is either misguided or just plain wrong. Contrary to what many people believe, wellbeing isn't just about being happy. Nor is it only about being wealthy or successful. And it's certainly not limited to physical health and wellness. In fact, focusing on any of these elements in isolation may drive us to frustration and even a sense of failure.

When striving to improve our lives, we are quick to buy into programs that promise to help us make money, lose weight, or strengthen our relationships. While it might be easier to treat these critical areas in our lives as if they operate independently, they don't. Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives: The "Five Essential Elements": Career Wellbeing, Social Wellbeing, Financial Wellbeing, Physical Wellbeing, and Community Wellbeing.
she recently said, “Stretch goals and a focus to accomplish them, can really change your outlook on life...and I had a lot of coaching along the way.” Lisa, and her Race Across America story, have now been featured in Competitor magazine.

Core Coaching Competencies Workshops
Whether you have been through the Health and Wellness Coach Training Program, or you are new to coaching, you will benefit from our Core Coaching Competencies Workshops. In an experiential session, we discuss the four coaching mechanisms: growth-promoting relationships, uncovering motivation, the capacity to change, and facilitating change. Upcoming workshops: Madison, WI, July 29 (Erika Jackson), Philadelphia, PA, September 27 (Gloria Silverio), Peterborough, NH, October 1 (Margaret Moore), San Diego, CA, November 30 (Margaret Moore)

Training for Groups
Do you have a group that would benefit from coach training? I have presented to leaders around the country about the benefits of being a role model for the connection between well-being and brain performance. View a brief intro presentation online at CoachMeg.com. If you are connected to an executive or organization that would like to engage executive wellness coaches, contact execs@wellcoaches.com. Corporate Group discounts and customized training programs are available for all Wellcoaches Coach Training programs. Contact training@wellcoach.com

Upcoming Travel/Presentations
- Harvard Medical School Coaching in Medicine and Leadership Conference, September 24-25, in Boston. Registration will open soon!
- International Coach Federation Conference, October 27-30, in Fort Worth, TX (Margaret presenting)
- American Dietetic Association, November 6-9, Boston
- Institute of Lifestyle Medicine, November 12-14, Boston
- Medical Fitness Association, December 1-4, San Diego

A recent Gallup article featuring this book cited that, in the U.S., the average sick day costs a business about $348 in lost productivity, according to the Bureau of Labor Statistics and a study published in 2003 in the Journal of Occupational and Environmental Medicine. When we adjust this number because people are sick on weekends and non-working days and because some work does get done on sick days, the cost is still approximately $200 per sick day. But people with high levels of wellbeing get sick less often; as a result, they cost their organizations less. Check out the entire article, “The Business Case for Wellbeing” here.

Well Said

Rosemary, Wellcoach Trainee:
Coach Meg, I am still impressed with how well you engaged me at the end of last week’s class. I completely forgot at one point that the whole class was listening in. I am going to review the tape of the class today to pick up further pointers I may have missed as the "coached" coach! I am glad I volunteered as it has opened up new thoughts and a greater appreciation to the value of having been empowered with a vision of being the best I can be physically, mentally, spiritually as a role model for health and as a change agent for our society. I actually struggled with 10 minutes of stretching each day for 4 days! I did, indeed, do it, but it was a big struggle on two days! The other two days, I chose to stretch before an activity (strawberry picking one day and walking the beach with my husband the other day) which made it much easier and I was so proud of myself. I seem to get caught up in "busyness" and unless I very consciously decide and schedule stretching (or any exercise) it doesn't happen! Being accountable to report back to you is also huge!
Onward and upward,
Margaret Moore (Coach Meg)
Founder and CEO, Wellcoaches Corporation

Members Only

Members of Wellcoaches have exclusive access to a number of resources, including more than 70 Member Classes, the Wellness Library, and Discussion Forums.

Member Class Features
In July, we take a break from offering new member classes to feature some of our favorites from the year so far.

Michelle May, M.D. author of Eat What You Love, Love What You Eat, a physician and recovered yo-yo dieter, delivers her crucial and timely message with passion, energy, humor and insight that transforms the way her audiences view weight management.

- Listen to Part One
- Listen to Part Two

Gloria Silverio shares highlights of Barbara Fredrickson's latest research on Positivity.

- Listen to Part One
- Listen to Part Two

Dr. Frederic Luskin, author of Forgive for Good and Forgive for Love, and Director of the Stanford Forgiveness Project, talks about the role of forgiveness in wellbeing.

- Listen to Part One
- Listen to Part Two
- Listen to Part Three

Live Certified Coach and Business Member Classes
Our August Business Member Class will feature members of the ICF Ethics Committee. Our August our Certified Coach Class will feature Barbara Luther, MCC, leading a discussion about the role of intuition in coaching.

Neil, Wellcoach Trainee:
I want to take a moment to congratulate you on your accomplishment. The resource you have made available may be the richest in content I have enjoyed in my 30 years of education though certification programs. Most effective for me were the experiences presented by Bob Tschannen-Moran and Kate Larsen. While I did not have the privilege of participating in a class with Kate, her leadership via the “best hits” has been a significant addition to my learning experience.

Michael, Wellcoach Trainee:
I want to thank you and the rest of the Wellcoaches faculty for the information, patience, understanding and confidence you have all provided over the past 13-weeks. I have become challenged, enlightened, frustrated, struggled, personally and professionally grown and matured, “stuck in the muck” ….. during my participation in Wellcoaches training. I would do it over again in a heartbeat, but I’ll spend the time reading, review and practicing the skills I have learned.

Please extend my appreciation to the staff! They are wonderful role models, professionals and better people. I look forward to developing and using the skills I have learned and becoming involved in the Wellcoaches community.

The Happiness Set-Point by Erika Jackson

We now know that we have the ability to influence 40% of our happiness equation by what we do and think in our daily lives. This is great news, considering the impacts of happiness: higher levels of energy, better immune systems, stronger engagement with work and other people, and increased self-confidence and self-esteem.

Person-Fit Strategies
University of California professor, Sonja
Value of Health Coaching Celebrates a Client in the Oneida Nation of Wisconsin by Erika Jackson

This month, we feature an interview with a coaching client, Tanya who has benefited from the successful implementation of a wellness coaching program within the Oneida Nation of Wisconsin through the Oneida Community Health Center.

How did you begin working with a coach?
I met with a doctor because I had a lot of challenging health problems. The doctor referred me to the coaches to work on losing weight for diabetes prevention. That helped me realize that the problem was starting to get really serious and I needed help to make the change. I knew if I started taking care of myself now, I could prevent future problems. I was an otherwise active person and was frustrated by feeling slowed down by coughing, wheezing, and other physical issues. I knew I needed help and accountability.

You'd been thinking about making changes for a while, especially because you have family members with diabetes. What was it about your interaction with that doctor that was the catalyst that day?
To me it was a sign from God, operating through man, telling me "Wake up. You know you need to lose weight."

What did you know about coaching before you started working with your coach, Dawn?
I knew how important accountability is. Especially being a minister of the Gospel, and the mother of a 15-year-old daughter. I have to live for her and take care of my temple; I'm not good to anyone if I'm not taking care of my temple. If I'm going to stand before my daughter as a good role model, I have to be healthy. These were the challenges I faced the addiction of obesity and gluttony. This also runs among most Native Americans; half of our nation has diabetes. I had to take the step toward accountability and knew that it couldn't hurt me.

It sounds like this has been a spiritual experience for you.
I want to live! I have a purpose to fulfill through God, Lyubomirsky, has contributed much to the study of happiness through her book, The How of Happiness. The book is a culmination of all of the happiness research to date and explores well-documented strategies for enhancing one’s happiness, with an emphasis on the importance of individual fit. In other words, the road to increased happiness is not a “one-size-fits-all” prescription. When people choose activities that are well suited to their strengths and lifestyle, they will be more likely to persist at that activity and experience its rewards. Therefore, over the next several newsletters, we will present at least 10 happiness enhancing strategies for your consideration.

Happiness Strategy #1: Express Gratitude—Why?
Robert Emmons, Professor of Psychology at UC Davis, has dedicated his career to the study of the impact of gratitude (the condition of being thankful) on both and psychological and physical well-being.

Optimism. In his research, he found that those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events.

Goal Attainment. A related benefit was observed in the area of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period compared to subjects in the other experimental conditions.

Clearer Thinking. A daily gratitude practice with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to a focus on hassles or a downward social comparison (ways in
and I’ve got to practice what I preach in all areas. This was an area I have ignored. I am living a holy, sanctified life, free from addictions that weren’t of God, and this is one area I still need to reach out for help and take steps toward better health.

What did it take for Dawn to build such trust and intimacy with you?
She is sweet, meek and humble. She has a lot of wisdom and insight. We’ve gone on a number of walks, meeting me at my home, and that means a lot to me. She’s shown me she really cares and is genuine.

What are you learning about yourself as a result of coaching?
What a beautiful woman of God I am; how great I feel; how life is better with stability and accountability. I now know how to grocery shop and how to exercise to take the weight off rather than trying to lose it all over-night. When you have accountability it helps so much; I believe God sent Dawn to me.

What other successes have you experienced since you started working with a coach?
 Feeling better, breathing better, walking better, feeling more confident, and setting goals. Dawn has taught me to set goals and to know how to measure my progress so I can see how much I’ve grown. And, my daughter is proud of me and supports me in making healthy choices. She is my motivation. I’m learning how to be a better wife and great role model for my daughter. I’m also a testimony to others; those around me are starting to go to the gym or go visit health promotion to work with a coach too.

What’s next?
Rome wasn’t built overnight. I have to balance my eagerness with the reality that I need to pace myself and celebrate the slower progress. Dawn, and my other coach Brendan, believe absolutely that I can do it! I just won a cookbook from the program because I lost 11 lbs last month! You know, “iron sharpens iron” and while I’m learning from them and soaking in all their wisdom, they are learning from me as well. It’s beautiful, powerful, and I thank God for that.

which participants thought they were better off than others).

Better Teamwork. Participants expressing gratitude daily were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.

Improved Health. For example, in a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, and more optimistic ratings of one’s life.

Try It Out: Expressing Gratitude
The path to increased happiness, by way of gratitude, must be self-determined. Here are a few research-based suggestions:

Keep a gratitude journal. Each night write down 3-5 things for which you are grateful. And, next to each, record the source/outcome of those good things.

Shift from ungrateful to grateful. Acknowledge one ungrateful thought each day (e.g. It takes too long to drive to work) and substitute it for a grateful one (e.g. I have a reliable car that gets me to work).

Say it. Expressing gratitude is particularly effective when done directly. If there is someone to whom you owe a particular debt of gratitude, express your appreciation in concrete terms. Write that person a letter and, if possible, visit and read the letter out loud in person.

Look inside. At the end of each day, consider the reciprocal quality of relationships by asking yourself three questions: What have I received? What have I given? What troubles have I caused?
Wellcoaches Corporation is setting the gold standard in training and certifying health, fitness, and wellness coaches, and delivery of wellness coaching services to consumers, corporations, and health clubs. The Wellcoaches vision is to change the world by helping people master well-being on a large scale.

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