

## Coaching for Wellness (sponsored by Wellness Institute)



### COURSE ANNOUNCEMENT

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**This activity has been approved for  
ACHE Category II continuing education credit**

**This activity has been approved for  
AMA PRA Category 1 Credits <sup>TM</sup>**

**3.5 CCA Classroom Contact Hours  
applicable toward M.B.A. degree**

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**Date:** Tuesday, March 13, 2012

**Time:** 8:30 AM – 12:30 PM

**Location:** Main Campus, Lerner Building, 1<sup>st</sup> Floor,  
Room NA1-142

**Faculty:** *Margaret Moore, MBA, Academic  
Consultant*

**Three ways to register:**

(1) Register through [COMET](#), (2) Call the Academy registration line at 216.445.8899. (3) E-mail: [ccacademy@ccf.org](mailto:ccacademy@ccf.org). Kindly leave your name, employee ID, telephone number, and title of the course(s). A staff member will register you and send a confirmation.

While health care has been designed and optimized to expertly manage acute medical conditions and crises, among today's most pressing needs is to address the huge challenges people face in engaging in healthy lifestyles in order to prevent and ameliorate many chronic diseases.

Science-based coaching psychology is focused on applying skills and processes which enable change in mindset and behavior that lasts, skillfully supporting patients in becoming self-coaches – organizing and leading their daily lives in ways which improve and sustain optimal health and well-being.

Caregivers are in a unique position to leverage their passion and dedication to supporting patients by becoming inspiring role models of personal wellness, and by helping their teams and patients coach themselves to active engagement in lifestyles which are health-giving and life-saving.

This introductory course is dedicated to teaching caregivers how to apply basic self-coaching skills and tools to coach themselves and support teammates and their patients in improving well-being and self-care, and developing healthier lifestyles and work/life balance.

This goal aligns with the Clinic's mission of "patients first" by "improving healthcare one conversation at a time....from the bedside to the boardroom".

**Objectives** - At the end of this course, participants will be able to:

- Foster self-empathy and autonomy;
- Build on strengths;
- Develop self-motivation and self-efficacy; and
- Facilitate change of mindset and behavior.

**Audience:** This course is open to all Cleveland Clinic Caregivers.