



LEARN MORE ABOUT LIFESTYLE COACHING PROJECT.

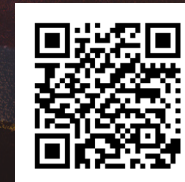
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Lifestyle Coaching









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Health ministry teams and health promoters introduce Lifestyle Coaching. A health program, created to help people to make lifestyle changes to lower their health risks and improve their health. Changing a health habit is not an easy process. The challenges of everyday life and the power of long-term habits make it difficult for people to implement the information shared. Lifestyle Coaching uses biblical principles to provide personalized support that can cut through common barriers to a lifestyle change.



LIFESTYLE COACHING SKILLS WORKSHOP

The Lifestyle Coaching Skills workshop explores the foundational philosophy, attitudes, and skills of coaching within the context of health ministries in Seventh-day Adventist congregations. **By participating in the Lifestyle Coaching Skills workshop, participants will be able to:**

-  Define lifestyle coaching and how it aligns with biblical values.
-  Explain the value of using a lifestyle coaching approach in health ministries.
-  Describe the elements of the Lifestyle Coaching Model.
-  Describe the four gifts we give as coaching, and how they reflect the heart of God.
-  Discuss key concepts for understanding behavior change and practical implications for lifestyle coaching and health ministries.
-  Practice key coaching skills and a coaching conversation model to help someone create a Lifestyle Change Plan in the area of physical activity.

LIFESTYLE COACHING SKILLS RESOURCES

