

## Advanced Practice 2023 Follow-up Notes Session 3 and 4: Wellbeing

### Points from our conversation of Wellbeing:

1. *4 Levels of Sophistication in Positive Psychology Coaching:*
  - A. Awareness/Understanding of PP topics (research, etc.)
  - B. Ability to apply this knowledge (e.g., interventions, asking better questions, etc.)
  - C. Adapting the information/application for context (e.g., tailoring to suit culture or client)
  - D. Ability to personally use and embody this knowledge
  
2. How does the coach's attitude toward wellbeing affect the client?
  - Biases us: influences what we notice, inquire about, or recommend
  - A healthier coach is a better coach
  - Role modeling: positive affect, health, etc. can be contagious
  - Wellbeing, itself, can be the topic of the coaching conversation
  
3. Creating a personal wellbeing framework:
  - Helps you appreciate the established frameworks created by researchers and interventionists
  - Helps you think through the causes, experiences, and effects of wellbeing
  - Helps you articulate your own preferences, values, etc.
  
4. CVN presented a distinction between coaching for wellbeing and positive health coaching (although a coach could do both):

	Coaching for Wellbeing	Positive Health Coaching
Focus of Coaching	Wellbeing goals Alignment	Better health choices And behaviors
Outcome of Coaching	Increase in satisfaction, meaning, enjoyment	Improved Health
Process of Coaching	Facilitative	Dialogic

## Session 4: Coaching Fishbowl

In no particular order:

1. Readiness versus resistance:
  - We often speak of client readiness, but we should also consider coach readiness
  - “If you insist, they will resist”
  - Coach familiarity with frameworks might put them too far ahead of a client and lead to coach's desire to advise or educate
  - When in doubt, ask. Explore the issue with the client
  
2. Points of interest from the coaching fishbowl:
  - When clients say, “I don't know.” It can be helpful for the coach to believe that they do know (or have the capacity to find out)
  - Listening for themes in what the client says as well as the specifics of their story (e.g., “freedom versus responsibility”)
  - Noticing who is working in harder at various moments in the session: coach or client?
  - Perhaps there are types of client shifts within a session:
    - A. Big shifts (radical aha moments or shifts in emotion) that come about from deep questions and bold challenges
    - B. Little shifts that come from “planting seeds”, coaching presence, and receiving empathy/compassion
  - The introduction to the session: What are you loving? And—by extension—all ways that we might experiment with the introduction to the session before getting into the agenda-setting
  - Noticing physicality in the client and in the mirroring (or not) of the coach and client
  - “I can only get from the client what I am willing to wager myself...”