

The background of the slide is a photograph of coffee cups on a tray. In the foreground, two white paper coffee cups with black lids are on a light-colored paper tray. In the background, another coffee cup is visible, slightly out of focus. The overall lighting is soft and warm.

COFFEE WITH THE COACH

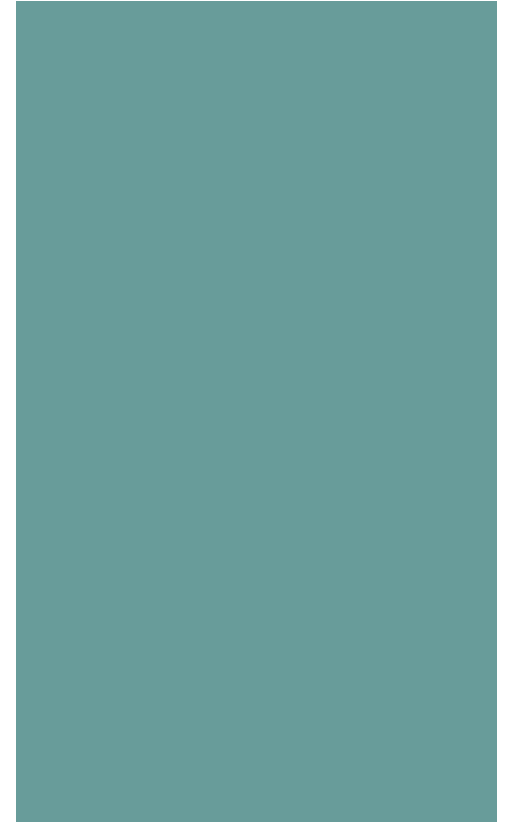
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GOOD INTENTIONS

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FOR FUN

1. Playlists or podcasts?
2. Swimming pool or beach?
3. Physical books or eBooks?
4. Tennis or pickleball?
5. To be or not to be?



AGENDA

Stages of change

Exploring ambivalence

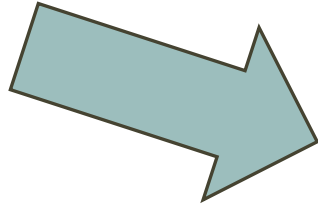
Strengthening motivators

Next steps





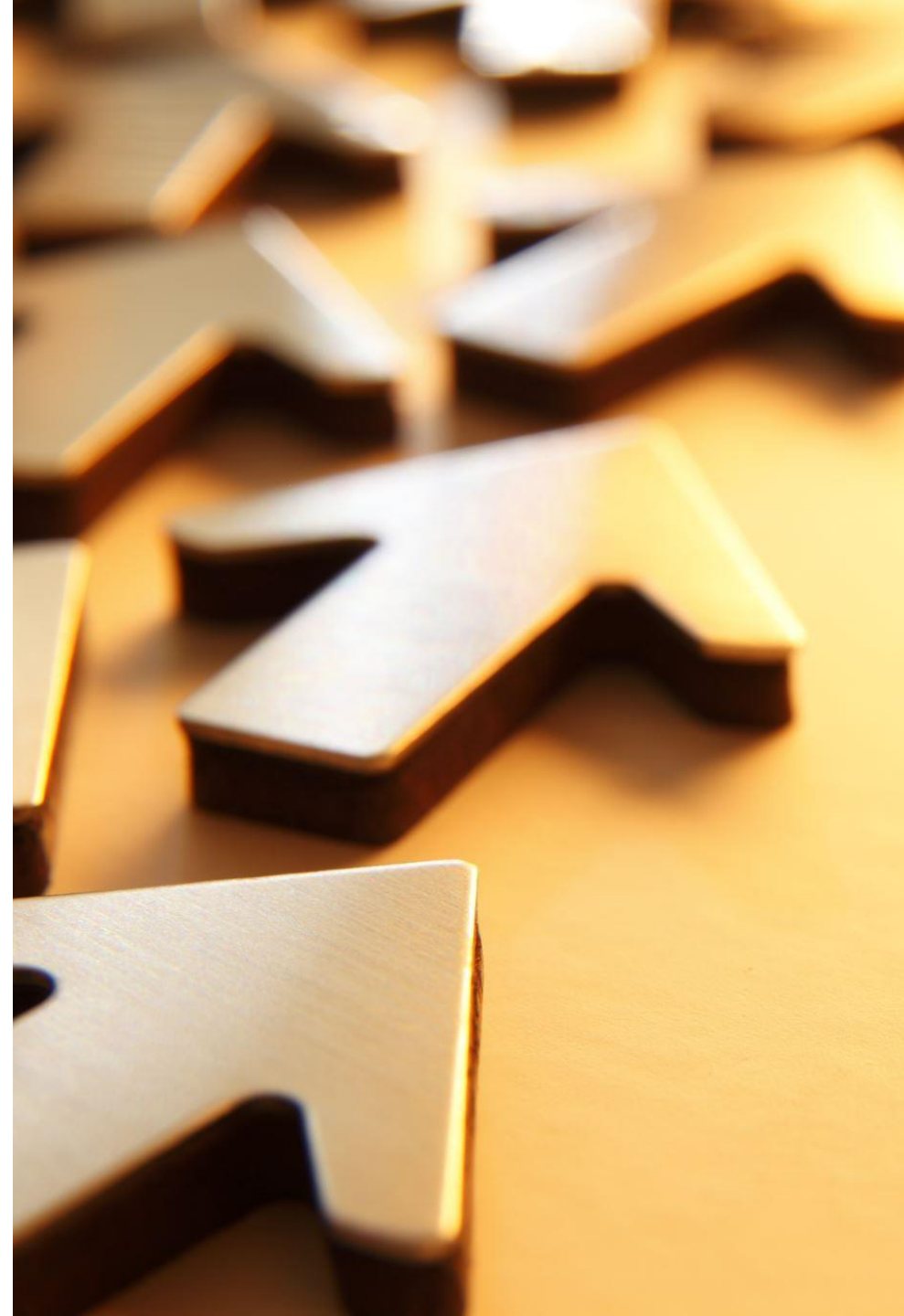
WHERE ARE YOU WITH THE BEHAVIOR?



1. Not yet thinking about adopting a positive or healthy behavior (No)
 - I won't or I can't
2. Thinking about changing a behavior or adopting a behavior (Maybe)
 - Ambivalence, focused on difficulty
 - Pros and cons are equal
3. Identified motivators and strategies to work around barriers (Prepare/plan)
 - Experiment with possible solutions
4. Practicing new behaviors and working towards goal (Do)
 - Stay focused on values, engage social supports
5. Established as a new habit/lifestyle pattern (Keep Going)

TO MOVE FORWARD

1. Belief in your ability to change
2. The pros outweigh the cons
3. You have realistic strategies to overcome the cons



Challenges to changing behavior (cons, barriers)

Time

Obligations

Forget

Lack of motivation

Not hungry

Lack of energy

Lack of support

Reasons to change the behavior (pros, gains)

Mental state

Improve physical, mental health

More energy

Better health

Calmer

Best version of self

Time for self

Making yourself priority

Find a new passion

Getting out of comfort zone

Inspire others

Better relationships

Costs to NOT changing

WORKING THROUGH BARRIERS

Real

Feels large

Excuses to be reframed

STRENGTHENING MOTIVATORS



How is this behavior/goal connected to your top values?



What strengths will you use?



How does this behavior/goal help you be your best you?

NEXT STEPS



MAKE A PLAN



START SMALL TO
BUILD CONFIDENCE



ADOPT LEARNING
MINDSET



STAY CONNECTED
TO YOUR REASONS