

WonderSpirit

Growing People Outside In

360 Wellness – A Whole-Life Whole-Person Vision

Self-Directed objectives and incentives

What do YOU want...

- To do differently?
- To have more or less of?
- Be?
 - Describe yourself in detail, the you that you are proud of, delight in, enjoy being and presenting to the world.

Why? - Internal incentives

- It's got to *matter* on a personal level



The Coach Element

- Personal contact, attention
- Ally and accountability, sounding board, confidant, connector
- A friendly voice, a smile, and sometimes a hug

Creating an Alliance, a Relationship

- Roles and Agreements
 - How is a coach different from a manager? A therapist? A boss?
 - What a coach does and doesn't do
 - Focus areas – What you want to achieve, to feel better about, to learn?
 - What action steps will move you closer to your desires?
 - Are you willing and *ready* to take them? And hold yourself accountable for them?
 - Meeting logistics
 - How often? How long?
 - In person? By phone?
 - How to maximize the meetings and the coaching experience

Goal-Setting and Follow-Through

- Present tense – the brain hears what we tell it and *believes* us
- Support, follow-through
 - Set up for success.....explore how

The Language of Wellness and Affirmation

- Words matter; we create with words
- 'Facing Reality' - The reality we face, we attract more of.
 - What words are you speaking?
 - Well-being JOY words?
 - What you want MORE of?
 - The brain hears and believes what we tell it.



Anne Wondra, CHRM

Wellness Coach Consultant Muse

2312 N Grandview Blvd – Suite 101, Waukesha

262-544-4310 | annew@wonderspirit.com

Awareness and Management of Energy (Ours)

- What energizes you? Who energizes you?
- Energy drainers?

Action Items for Health and Happiness

Support Systems - Positive Personal networks, Healthy boundaries, respectful distancing

Accountability

- What actions or activities or results do you want to be held accountable for?
- By whom?
- How?

Follow-through / Follow-up – What additional support do you need?



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