

“You can’t stop the waves, but you can learn to surf” ~ Jon Kabat-Zinn

Health Coaching

Riding the Aging Wave

Transtheoretical Model Practice



Self-Efficacy is an important factor in moving through the Stages of Change



TRANSTHEORETICAL MODEL



Self-Efficacy PRACTICE

To move from Stage to Stage in the Transtheoretical Model it is helpful for your clients to increase their Self-Efficacy.

Here's a practice for **you** to measure your Self-Efficacy!

Can you Draw a Dog?

ENTER YOUR RATING HERE:

On a Scale from 1 - 5

(1 least and 5 most)

What is your Self-Efficacy that you
can draw a dog?

 Watch this 2-minute video:

<https://www.youtube.com/watch?v=pQKwHWaa3XA>

YOUR TURN – DRAW A DOG

COMPARED TO YOUR SELF-EFFICACY RATING – HOW DID YOU DO?

- Based on your past experiences, you may **believe** that you could do “anything” or certain things, even if you have not tried them before.
- You may be very successful or somewhat successful – or not at all.
- What happened for you?
- How did that make you feel?

WITH THE RIGHT GUIDANCE...

If you had a low self-efficacy rating and were more successful than expected, it was probably because you were provided with good guidance.

Just like in Personal Training/Health Coaching, providing guidance, but not doing the work for your clients, will lead to increased Self-Efficacy – which helps your clients move through the Stages of Change.

SEND US YOUR DOG DRAWING!

Let us know your experience...

Take a photo and email us your thoughts and drawing!

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