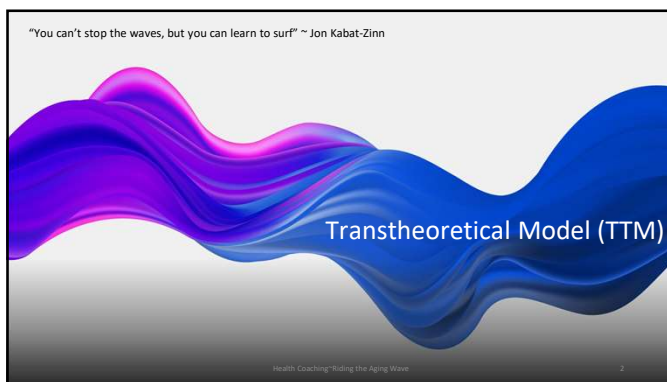
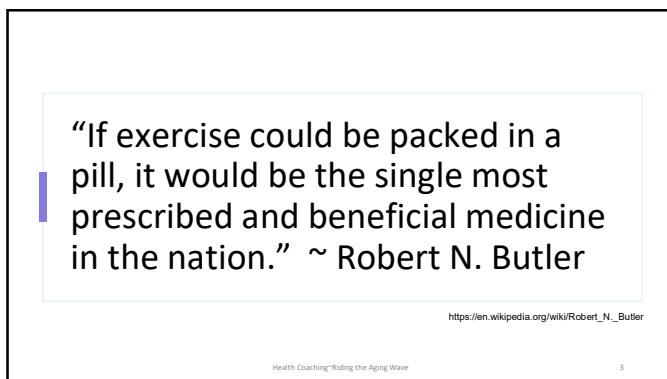




1



2



3

The Transtheoretical Model of Change Behavior

- Developed in 1994 by Dr. James Prochaska
- 1,000 Smokers and Ex-Smokers
- 2 Years
- University of Rhode Island

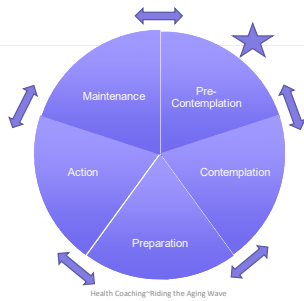
<https://prochaska.com/about/james-prochaska/>

Health Coaching "Riding the Aging Wave"

4

4

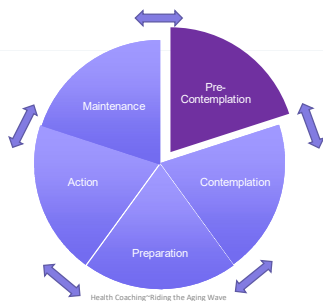
The Transtheoretical Model of Change Behavior



5

5

The Transtheoretical Model of Change Behavior



6

6

Precontemplation

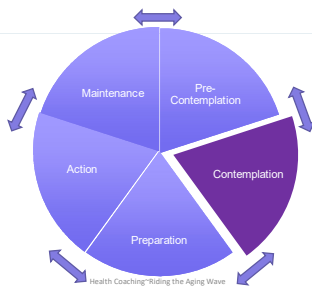
- Do not intend to act
- Unaware behavior is problematic
- Underestimate the importance of change
- Emphasis on the Cons

Health Coaching "Riding the Aging Wave"

7

7

The Transtheoretical Model of Change Behavior



Health Coaching "Riding the Aging Wave"

8

8

Contemplation

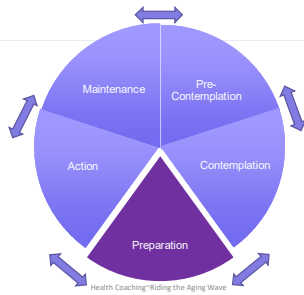
- Intending to start a healthy behavior
- Recognize their behavior may be problematic
- Are considering the Pros and Cons
- Still feel ambivalent

Health Coaching "Riding the Aging Wave"

9

9

The Transtheoretical Model of Change Behavior



10

10

Preparation

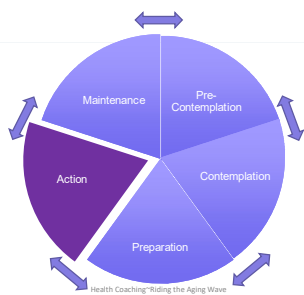
- Ready to act
- Take small steps
- Believe

Health Coaching: Riding the Aging Wave

11

11

The Transtheoretical Model of Change Behavior



12

12

Action

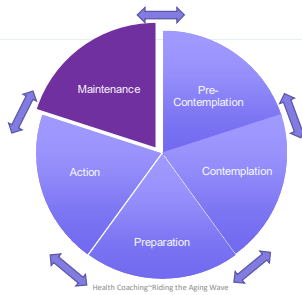
- Recently changed behavior
- Intend to keep moving forward
- Modifications
- Acquire new healthy habits

Health Coaching "Riding the Aging Wave"

13

13

The Transtheoretical Model of Change Behavior



14

14

Maintenance

- Sustain behavior change 6+ months
- Intend to maintain
- Work to prevent lapses

Health Coaching "Riding the Aging Wave"

15

15

Lapses

- Lapses happen
- Move between stages
- "Coach" Observations
- "Coach" Listening Skills

Health Coaching "Riding the Aging Wave"

16

16

The Decisional Balance and Self-Efficacy



Health Coaching "Riding the Aging Wave"

17

17

The Decisional Balance



Health Coaching "Riding the Aging Wave"

18

18

The Decisional Balance



Positive Inquiry

Health Coaching®Riding the Aging Wave

19

19

The Decisional Balance and Self-Efficacy



Health Coaching®Riding the Aging Wave

20

20

Self-Efficacy, by Albert Bandura, Psychologist

- Belief in capabilities to exercise control (Confidence)
- Provides foundation of Motivation



Health Coaching®Riding the Aging Wave

21

21

Self-Efficacy

1. Mastery Experiences
2. Vicarious Experiences
3. Social Persuasion
4. Emotional States



Health Coaching: Riding the Aging Wave

22

22

The Decisional Balance, Self-Efficacy and TTM



Health Coaching: Riding the Aging Wave

23

23

"You can't stop the waves, but you can learn to surf" ~ Jon Kabat-Zinn

NEXT UP > APPLYING THE TTM

Transtheoretical Model (TTM)

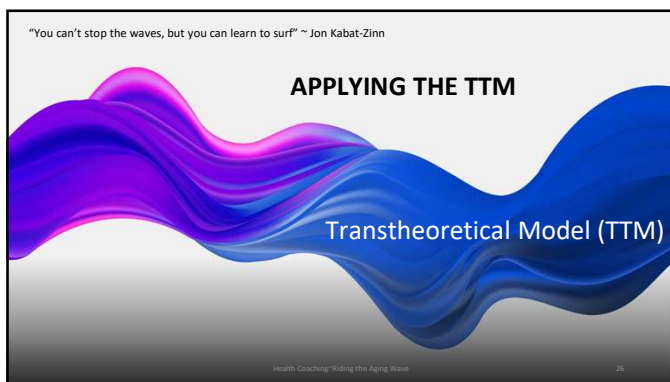
Health Coaching: Riding the Aging Wave

24

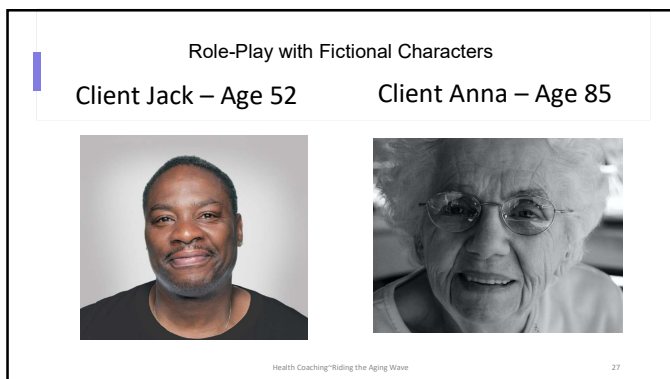
24



25



26



27

Client Backgrounds

Middle-Age Jack 52

Travels for business

Divorced 2 years ago

Gained weight since divorce

2 Kids and a Dog

New Girlfriend for 1 year

Older-Age Anna 85

Retired Art Teacher

Very Active in her Senior Community

Big Social Circle

Gained weight since moving into new Community 2 years ago

Husband passed 3 years ago, lives alone

Health Coaching "Riding the Aging Wave"

28

28

SCENARIO

As their personal trainer, I have been working with Jack and Anna (separate clients) for just a few weeks. During their individualized assessments they each share they'd like to lose 10-20 pounds.

They are very open to exercise but when discussions turned to food, they shared they love going out for meals and eat a lot of rich foods. They mention they really don't like fruits and vegetables anymore and said, "It's been some time since something green went passed these lips – I stick with meat, potatoes, pasta – ahhh Pizza! and desserts – you know – the foods that are delicious. I'm not interested in changing my diet – I like it too much!"

Health Coaching "Riding the Aging Wave"

29

29

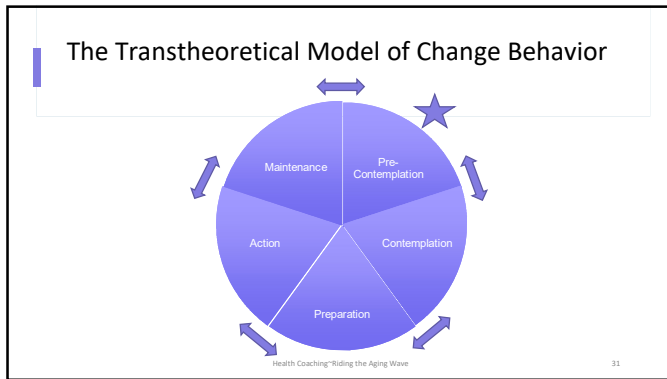
FOCUS: FRUITS & VEGETABLES



Health Coaching "Riding the Aging Wave"

30

30



31

Pre-Contemplation > Contemplation

JACK – Age 52

Health Coaching: Riding the Aging Wave

32

Pre-Contemplation > Contemplation

Middle-Age Jack 52

Know Numbers

Provide Education

Health Coaching: Riding the Aging Wave

33

Pre-Contemplation > Contemplation

Anna – Age 85



Health Coaching "Riding the Aging Wave" 34

34

Pre-Contemplation > Contemplation

Older-Age Anna 85

Energy

Immune System

Health Coaching "Riding the Aging Wave" 35

35

Contemplation > Preparation

JACK – Age 52



Health Coaching "Riding the Aging Wave" 36

36

Contemplation > Preparation

Middle-Age Jack 52

Made Doctor
Appointment

Asked for guidance on
Nutrition

Health Coaching "Riding the Aging Wave"

37

37

Contemplation > Preparation

Anna – Age 85



Health Coaching "Riding the Aging Wave"

38

38

Contemplation > Preparation

Older-Age Anna 85

Read Article

Looking into WW

Health Coaching "Riding the Aging Wave"

39

39

Preparation > Action

JACK – Age 52



Health Coaching "Riding the Aging Wave" 40

40

Preparation > Action

Middle-Age Jack 52

Went to Dr. Appt

Adding Fruit to Breakfast and Veggie to Dinner

Health Coaching "Riding the Aging Wave" 41

41

Preparation > Action

Anna – Age 85



Health Coaching "Riding the Aging Wave" 42

42

Preparation > Action

Older-Age Anna 85

Keep Food Journals

Attend WW Sessions

Health Coaching "Riding the Aging Wave"

43

43

Lapses

"Never Miss Twice"

Check in Text or Call

Never miss twice. If you miss one day, try to get back on track as quickly as possible.

Atomic Habits
by James Clear

<https://educatorfi.com/15-fi-quotes-atomic-habits/>

Health Coaching "Riding the Aging Wave"

44

44

Action > Maintenance

JACK – Age 52



Health Coaching "Riding the Aging Wave"

45

45

Action > Maintenance

Middle-Age Jack 52

Keeping up with Commitments

Added Salads for Lunch

Set-up Follow-up Appt with Doctor

Lost 6 lbs.

Health Coaching "Riding the Aging Wave"

46

46

Action > Maintenance

Anna – Age 85



Health Coaching "Riding the Aging Wave"

47

47

Action > Maintenance

Older-Age Anna 85

Increased Energy

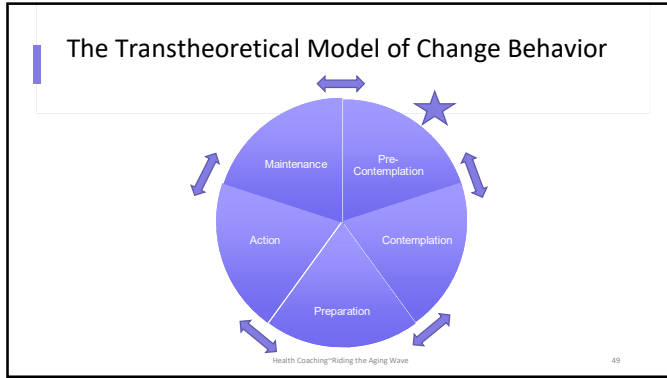
Remains on WW

Lost 8 lbs.

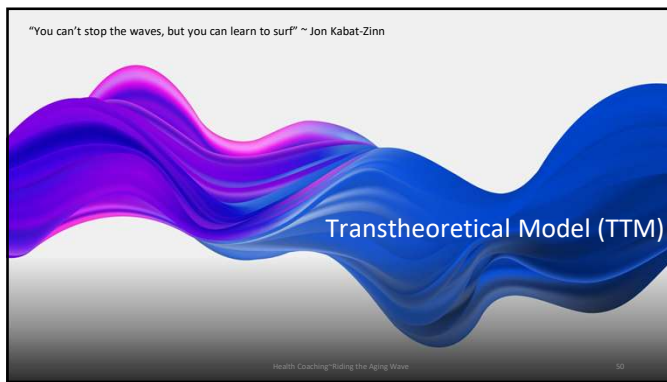
Health Coaching "Riding the Aging Wave"

48

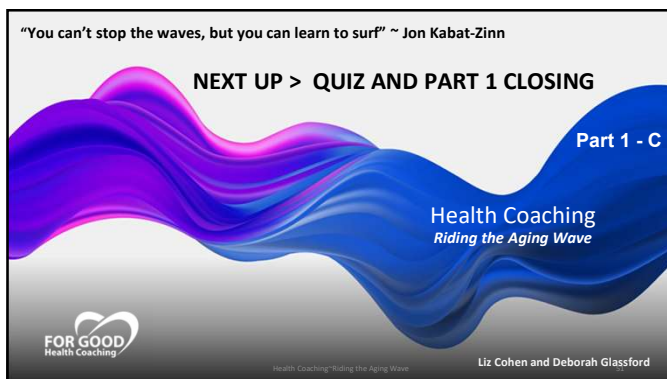
48



49



50



51

RE-ENERGIZE



- Stand up
- Move Around
- Get some Water
- Take a quick walk
- Step outside
- Take some deep breaths

Health Coaching "Riding the Aging Wave"

52

52
