

Facilitating Lifestyle Change through Christ's Method

General Conference of Seventh-day Adventists



Changing behavior is not an easy process. The challenges of everyday life and the power of long-term habits make it difficult for people to implement a lifestyle change. Health Ministries provides an answer by equipping health professionals, pastors, and health enthusiasts to facilitate the behavior change process for those they minister to using a lifestyle coaching approach. Modeled after Christ's method and using biblical principles, the Lifestyle Coaching Skills workshop equips people to provide personalized support to those struggling with the common barriers of lifestyle change, helping them lower health risks and improve their whole-person health.

## LIFESTYLE COACHING 5KILLS WORKSHOP

The Lifestyle Coaching Skills workshop explores the foundational philosophy, attitudes, and skills of coaching within the context of health ministries in Seventh-day Adventist congregations. By participating in the Lifestyle Coaching Skills workshop, participants will be able to:

- Define lifestyle coaching and how it aligns with biblical values.
- Explain the value of using a lifestyle coaching approach in health ministries.
- Describe the elements of the Lifestyle Coaching Model.
- Describe the four gifts we give as coaches, and how these gifts reflect the heart of God.
- Discuss key concepts for understanding behavior change and practical implications for lifestyle coaching and health ministries.
- Practice key coaching skills and a coaching conversation model to help someone create a Lifestyle Change Plan.



LEARN MORE ABOUTLIFESTYLE COACHING

Scan the QR code to learn about training opportunities or contact us at healthministries.com/lifestylecoaching.

