

[Coaching Lasting Lifestyle Change Facilitator's Package](#)

By Lilly Tryon

★★★★☆ (4.5 stars)

Buy this Facilitator's Package if you:

- Are a coach or physical trainer who desires to empower clients in their fitness goals
- Coach in the areas of health and wellness

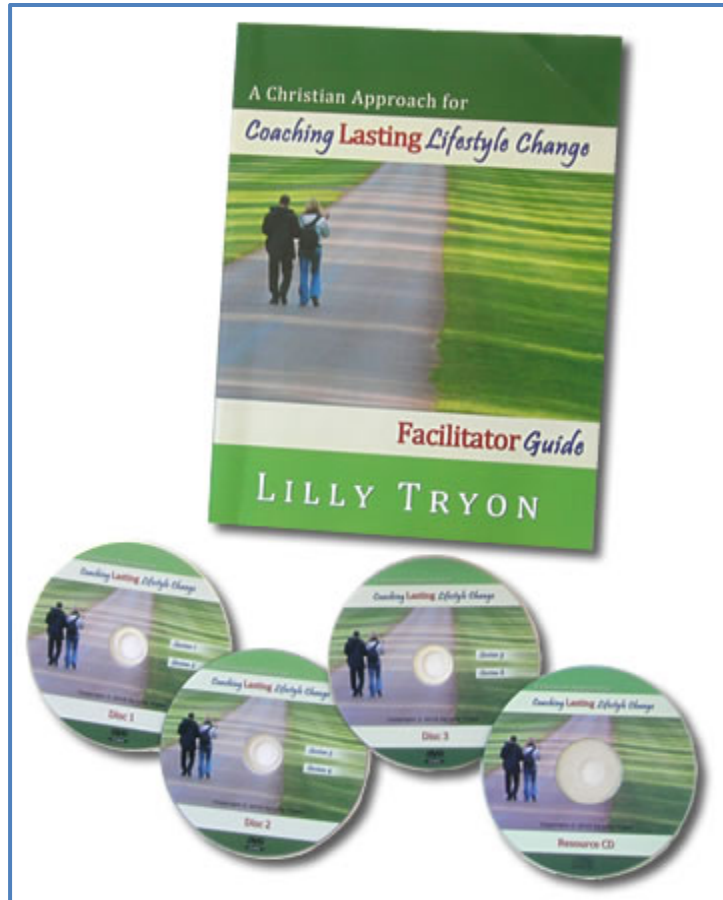
Coaching Lasting Lifestyle Change is the creation of Lilly Tryon who is a nurse of 25 years and a professional coach. It is a

very practical, hands-on resource that works best in group settings but is still applicable for sole individuals. It is comprised of four DVDs, a Workbook and a Facilitator's Guide. It offers an in-depth, interactive workshop (or self-coaching guide) for the learners to work through in the areas of health and wellness to help them move into desired fitness goals.

What You Will Learn

The presenter, Lilly Tyron, explains the coaching process and breaks it down into 6 different segments for the learner to participate in.

- **Session 1: The Lifestyle Coaching Approach** (what it is and why it is important for congregations to implement it)
- **Session 2: The Gift of Perspective** (the coaches mindset and techniques that initiate lifestyle change)
- **Session 3: The Gift of Presence** (presents key listening skills and concepts for defining personal vision)
- **Session 4: The Gift of Clarity** (question asking techniques, weekly strategies and action steps for facing challenges)



- **Session 5: The Gift of Support** (addresses methods and approaches for providing support to encourage lifestyle change)
- **Session 6: Putting It All Together** (how lifestyle coaching can be incorporated into congregational health ministries).

The program places an emphasis on its learners understanding the concept of Christian lifestyle coaching and its relevance to congregations as well as health ministries. Learning how to coach others using proven models and plans that empower individuals into living well and sustaining lasting change that benefit them not only physically, but emotionally and spiritually as well.

Conclusion

Coaching Lasting Lifestyle Change is a great resource to learn how the skills of coaching can be used in such a specific field as health and wellness. Being more physically fit is almost always going to be on that list of 100 goals clients will come up with that they would like to accomplish in their life. And seeing how health and wellness is a multi-billion dollar industry that is still growing, finding a niche in that relatively young industry could create an opportunity for a readily available source of paying clients looking to be coached.

Reviewed by:

Daniel McHarness, Coach & Consultant

Daniel specializes in business and life coaching for direct sales and network marketing companies