

Uplift

The Newsletter of the Adventist Association
of Health & Wellness Coaching
AdventistCoaching.org

Introducing LIFT - Jesus' Way of Coaching

Rick Mautz, AAHWC President

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The NAD Health Summit in Lexington, KY provided the perfect venue for the new Adventist Association of Health and Wellness Coaching (AAHWC) to introduce Health Partner - Jesus' way of coaching. The Health Partner program grew out of the coaching community initially as a means of making our health programs more successful. We needed to add ongoing personal support to the information given which is Jesus' way of coaching. By doing this we could not only help people achieve lasting lifestyle changes but we would also develop lasting friends through the process of personal support.

During the 12 hour training class it became apparent that the students would become a rich source to continue the development of this valuable program. Providing a training for anyone to be a personal supporter of anyone they "bump into" whether at home, work, evangelism, or a health program. The Bible is clear that we have a message to give to the world but that message involves more than just "telling", it involves listening as well. Since it is beneficial for any program, not just health we decided to change the name to LIFT an acronym that stands for Listen, Inspire, Facilitate, Transform. Because it starts with listening which is the first step to inspiring, and by facilitating, people can experience transformation. This process is the pattern that Jesus used to change His world.

The byline for LIFT is "Jesus' way of coaching"...

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Health Summit - What a Blessing!

Bianca Radut, AAHWC Secretary

What a blessing to have experienced Health Summit 2023, with a wonderful "Power to Heal" theme! I had the privilege of attending the full Summit, from the General Session on Sunday evening to the Sabbath afternoon activity to the Ark Encounter! If you couldn't make it, here's the inside scoop on what you might've missed out on...



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God Was at Work

Jonathan Brauer, AAHWC VP of Membership



God was at work in Lexington Kentucky, calling, equipping, inspiring, and training His people for the ministry of care, compassion, healing and restoration in their local communities. It was an opportunity to be equipped, to meet others with similar callings, to look for opportunities for service, to be inspired by stories of restoration. As a functional nutrition health coach, I found opportunities to grow, be challenged, and expand my tools and vision for ministry...

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From Our Members

The Health Summit 2023 provided a week-long agenda which included excellent training sessions that are relevant, provided a platform of wonderful plenary speakers with meaningful and worthwhile information and supplied opportunities to network with individuals from all over the NAD. If you missed this summit, you missed something great!

Thankfully, Adventist Learning Center will be sharing some of the recordings on their website!

~ Kim Bowman, AAHWC Member

"My husband and I truly enjoyed being at the health summit. Attending the breakout session with Angie Poch was enlightening and provided some additional resources in my toolbox."

~ Marcia Gillespie, AAHWC Member

My experience with the Adventist Association of Health & Wellness Coaching at the health summit was a spiritual insight that took me by surprise. This health coaching approach that Rick is using is powerful and needs to start now! I'm convinced that this program is what our conferences need to get to the next step after a wonderful program is done. It's simple but needs commitment to come along the side and be part of someone's health journey. It's Jesus method alone! I'm inspired so much that I'm starting the Pacific NW Wellness Partners training on May 20th this will be 6 months health partner trainings. We plan to meet once a month to learn about health coaching skills and how to apply it in our own life. May the Lord continue to bless you and all your team for the wonderful work you are doing. There's no doubt in my heart that the Lord is using you Angie in a mighty way. This program defiantly has great potential in luring in a health evangelism opportunity with effort to win souls for Jesus by caring as they go through their lifestyle changes.

~ Elida Jerez, Washington Conference Health Ministries Leader



This workshop should've been mandatory" that was one of the comments from a participant of the AAHWC Active Listening for Leadership Angelina Bauer asked me to put on. Participants learnt about the preparatory steps to good listening. Many people have pretty good listening skills but they're small changes that can make a big difference.

We had three groups over the course of two days and they were very active participants. With practice sessions and large group interaction. We had laughter and tears. Which for me is always a good sign that people are being genuine and having a meaningful experience.

It was lovely to see the participants engage in the other seminars and see how all these skills can tie together in reaching people for Christ through the Health message. From the coaching booth at the health expo, to pickle ball, two the main meetings. Having a harmonious theme enabled people to go from topic to topic Building on what they learned from each seminar.

From the Vice President of Education's point of view, the NAD Health Summit was a grand success.

~ Angela Poch, AAHWC VP of Education

Pickleball ...

The newest form of health evangelism

Ernie Medina, Jr, AAHWC President-Elect

How can the fastest growing sport in the USA also be used for health evangelism? That's what Loma Linda University School of Public Health Assistant Professor and AAHWC board member, Ernie Medina, Jr., DrPH, NBC-HWC, talked about at the recent NAD Health Summit in Lexington, KY.

Pickleball is a paddle sport where you hit a plastic ball over a net on a small court. Think ping pong on a court. On Monday night, Dr. Medina gave a brief presentation on how pickleball is being used by churches as a way to bring both members and the community to their church on a weekly basis...

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Dear AAHWC Members,

It has been over a year since AAHWC has become an official organization in the NAD, and it is my great pleasure to welcome you to the organization and our first e-newsletter. AAHWC consists of a wide variety of health-minded Seventh-day Adventists that range from certified coaches to lay coaches, to health professionals, to professional and lay educators, to medical professionals and those with an interest in coaching. We consist of Adventists who work in hospitals, clinics, health centers, private practice, and those who simply share the health message. Together we form a movement that God will use to move the world to make decisions for Christ. Getting this organization off the ground has been slow but sure.

The NAD specifically started AAHWC because we saw the need to train, equip and nurture every member of the Seventh-day Adventist Church in health ministry (aka medical missionary) as a means of providing support to our neighbors. "The truth for this time, the third angel's message, is to be proclaimed with a loud voice as we approach the great final test. This test must come to the churches in connection with true medical missionary work." We are told that in time of trouble "there will be sick ones, plenty of them, that will need help" so because of the need, but also "for their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention and cure, and those who will do this will find a field of labor anywhere" (CH 506).

It is our intent at the AAHWC to connect people together who are passionate about healthy gospel living and interested in learning, sharing the message, and supporting others to do the same. We truly pray this organization will turn into a blessing of sharing knowledge and encouraging one another on our way to heaven, as we bring many others with us. We are in a unique time in history where soon there will be no work that is so successful as medical missionary work (MM 239).

If you desire to write for our publication, let me know. God bless you as you work for the Master.

~ Janie Unruh, AAHWC VP of Communications

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