Uplift

The *newsletter* of the
Adventist Association of
Health & Wellness Coaching

AdventistCoaching.org

Upcoming Events

Reflective Listening

Lillian Simon, BSN, RN, NBC-HWC

Reflective listening is another core coaching skill that health and wellness coaches use, generally in every session. In a nutshell, it is paying attention to what the client says without having an agenda and reflecting on a portion of what they say to help them move closer to their health goal. Let's dive deeper into this fundamental skill.

Reflective listening is crucial for many reasons. Firstly, it builds trust and rapport between the coach and the client. When clients feel genuinely heard, they are more likely to open up and share their thoughts and feelings, which is essential for effective coaching. Secondly, it ensures that the coach accurately understands what the client shares while helping the client feel heard and validated. Lastly, reflective listening helps clarify and deepen the client's understanding of their own thoughts and emotions. By hearing their words reflected back, clients can gain new insights and perspectives on their issues.

There are two components to reflective listening. The first part is listening...

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Annual Member's Meeting

Date: Sunday, Dec 15, 2024
Time: 1pm ET / 11am PT
Location: Via Zoom

Log in to your member account on the website for details. You can access it quickly by clicking below.

Member's Meeting Agenda:

◦ Coaching and Me: A Pastor's Story

◦ Board of Directors Update

◦ 2024 Progress

◦ 2025 Projections

◦ Networking

◦ NAD Updates

Access Your Account

Preparing for Pentecost 2025

"When the day of Pentecost came, they were all together in one place." Acts 2:1

The North American Division of Seventh-day Adventists is preparing for an overwhelming year of focus on evangelism--Pentecost 2025. Over 4,000 schools and churches have signed up to receive financial and resource support for the work they will be doing throughout the year. Applications for Pentecost 2025 support closes on December 31.

We hope that you will support these efforts by sharing critical coaching skills with your church members, enabling them to effectively "walk beside" individuals who visit from the community. We may not be in the same place physically, as were the early Christians, but we can be together in Spirit and in Truth. Visit **AdventistCoaching.org** to learn how the "L.I.F.T: Jesus' Way of Coaching" training can help *Prepare for Pentecost 2025*!

Click the picture or scan the code to learn more

Share Your Coaching Knowledge

Do you enjoy writing about coaching skills? Do you have a story to share that will inspire others? We are looking for more authors for the *Uplift Newsletter*. If you are interested, please contact VP of Communications, Lillian Simon, at communications@AdventistCoaching.org.

The Importance of Rapport

Kimberly Peters, BS, NBC-HWC

The strength of health coaching is in a relationship. The relationship between a health coach and a client (or patient) is an integral part of the client's wellness journey, but for there to be a good relationship, the coach must build and maintain rapport with their clients.

Rapport is a word that comes to us from Old French. It originally meant to bring back or to carry, but it now means a friendly and harmonious relationship (1). Baker, Watlington, and Knee (2020) researched this topic and found that the "interactions perceived to be of a higher caliber (i.e., those with more rapport) were more satisfying to one's needs both within-persons and between-persons" (2). Like all human beings, clients desire connection with others, and when this need is satisfied with a coach, the relationship deepens and flourishes.

In 2023, Clason et al. (3) found the following characteristics increased the effectiveness of health coaches: being trustworthy, showing integrity, compassion and empathy, and being an active listener.

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ADVENTIST ASSOCIATION OF
HEALTH & WELLNESS COACHING