



Upcoming Events



Increasing Self-Efficacy

Kimberly Peters, BS, NBC-HWC

Humans are multifaceted, and understanding your clients and patients will help you coach them more effectively. An important aspect to know when dealing with individuals is their level of self-efficacy. But why is it important and how can it help clients in their daily lives?

Self-efficacy is the “conviction that one can successfully execute the behavior required to produce the outcomes” (1). In other words, it is the belief in your ability to accomplish a desired task. As you can imagine, our beliefs in our abilities affect all aspects of our lives. People with a higher level of self-efficacy will pursue activities and embrace challenges they believe they can handle while those with a lower level will avoid or shy away from activities they perceive as difficult.

When Moses was called to liberate the children of Israel, he revealed his level of self-efficacy on Mt. Horeb. In just one conversation with God, Moses went from being a shepherd who kept his father-in-law's flock (2) to a self-doubting reluctant leader (3). He perceived his inability to lead Israel from Egypt, but also he doubted God's ability to use him...

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LIFT Facilitators Training

Dates: November 16-27, 2024
Location: College Park Church,
Oshawa, Ontario, Canada

Join our Past President, Rick Mautz, as he conducts another training for facilitators of the LIFT educational program. Gain the tools to help your church LIFT others using Christ's method.

[Contact Us For
Details](#)

Annual Members 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.

[Access Your
Account](#)

Review of Health Summit Intensive 2024

Bianca Radut, MPH, CHWC

The Health Summit Intensive 2024 was held at the North American Division of Seventh-day Adventists (NAD) Headquarters in Columbia, MD, on April 26-28, 2024, as a collaborative effort between the NAD Health Ministries and the Columbia Union Conference. The intensive weekend was centered on the “Mission Accomplished” theme, equipping leaders across the Division to materialize their ideas and dreams into a mission in motion.



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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.

Unconditional Positive Regard: A Core Principle

Lillian Simon, BSN, RN, NBC-HWC

What is Unconditional Positive Regard? It is a core health coaching principle that was initially introduced by Stanley Standal in 1954 and later popularized in psychology by Carl Rogers (1). This fundamental health coaching principle fully accepts a person without judgment by having genuine understanding and empathy. It means embracing who they are, including their beliefs, values, morals, and choices, and where they are in their journey. It does not mean one has to like them, agree with them, or endorse their beliefs or behavior. It's about recognizing who they are and respecting their choices, even if those choices are different from others. Unconditional positive regard believes a person is doing the best they can in their current circumstances. Essentially, a coach accepts them unconditionally and without bias (2-4).

God has unconditional positive regard toward fallen humanity. He accepts us for where we are in our lives without judgment. As the apostle Paul says, there is nothing we can do to separate ourselves from His love (5).

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