

Uplift

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

What Motivates You?

Kimberly Peters, BS, NBC-HWC

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Connect with Fellow Members



AAHWC Online Forum

Do you want to learn more about coaching skills? Have a question about a client or resource that you'd like to voice with other coaches? Start a confidential conversation at the [AAHWC online forum](#).

AAHWC on WhatsApp

All AAHWC current members have access to our internal WhatsApp chat group. Contact us for the code to join the group.



Health coaching is all about growing and discovering how to implement ways to become one's best self. One of the most important aspects of coaching is the motivation for change, but what exactly is motivation and how does it tie into our Christian walk?

Motivation is "... a condition inside us that desires a change, either in the self or the environment" (1). All motivation falls into two categories: extrinsic and intrinsic. Extrinsic motivation involves doing things because they lead to an outcome, such as performing a task because a reward is attached. Intrinsic motivation, on the other hand, involves doing things for their inherent satisfaction. For example, learning to play an instrument because it brings you joy (2). Knowing these categories and the science behind motivation can help us guide clients to discover the motives behind the changes they seek. Although both categories are important, let's focus on intrinsic motivation and the ultimate motivator in a Christian's life.

God is love (3), and God desires that we love one another (4). This is the ultimate motivator. Also, love is liberating (5), it fulfills the law (6), and it encourages us to serve one another (7). Love should be our foundational intrinsic motivator because we want to love without receiving anything in return...

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Health Summit Intensive

Registration is now open! At the 2024 Health Summit Intensive, attendees will receive practical training on how to effectively reach their community by sharing hope and wholeness through the healing power of Christ. Join us to become equipped for effective ministry. [Click here](#) to visit the registration page and learn more!

Course offerings include full curriculum for the new LIFT training!



Membership Renewed?



The membership cycle is on a 2-year rotation, beginning October 1 and ending 2 years later on September 30. Please check and make sure that you have gone through the renewal process. You may check by heading to [this page](#). You can also choose to auto-renew your membership to avoid a lapse in your membership.

What is a Health Coach?

Lillian Simon, BSN, RN, NBC-HWC

Health and wellness coaching is a collaborative partnership between the coach and the client. A coach meets clients where they are in their health journey, discovers where they want to be, and facilitates forward movement toward their self-directed vision and goals. They meet regularly to discuss their progress, discover and resolve any roadblocks, co-create weekly action steps, and celebrate their accomplishments. Throughout the process, the coach encourages the client to discover the answers for themselves by asking thought-provoking questions and making reflective statements (1,2).

In coaching, the client is the expert; they know what works best for them, their family, their schedule, and their finances. This is unlike health care professionals (i.e., providers, nurses, therapists, etc.) who are considered the experts in their fields and freely share their expert advice. A coach, however, will not give unsolicited advice or tell a client what to do. Additionally, a coach seldom educates; when they do, they still seek to uphold a client's independence. Furthermore, they will not analyze or solve problems, mentor, or counsel clients (1,2).

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