



## Coaching Report

October 2015

### Directors' Corner

We are still under the thought-provoking impressions of our *8th Annual Coaching in Leadership and Healthcare Conference* organized by the Institute of Coaching, McLean Hospital, and Harvard Medical School. It took place just 2 weeks ago, and as many of you who have attended it through the years would probably agree, the inspiration, reflections on the excellent talks and workshops, conversations with old and new colleagues, are still echoing through our day.

In addition to the key note talks and workshops, we are proud of the expanded research program that was available during the Conference. Current coaching empirical research and theoretical discussions were presented in the very interactive poster session on Saturday evening. As part of the parallel sessions this year we also had Research Tracks, during which colleagues talked about their most current work. The posters and research talks were engaging, the conversations energizing and the only thing that we needed more of was time to continue exploring each topic in greater detail.

This additional time can be found through the avenues for continued conversation that the Institute provides – as we often say, we see this as a conference that never ends. And in that spirit, we suggest multiple forms through which to support such interaction – they now include our beautiful new website which was launched just before the conference and which we hope you have had a chance to explore. They also include the *Research Digest* - also just launched - you can

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#### UPCOMING LIVE WEBINARS FOR IOC MEMBERS:

##### OCTOBER

**Improving Well-Being in the Workplace: Current Research on the Role of Health Coaching** with Alyssa McGonagle & Gary Sforzo

#### HARNISCH GRANTS:

Next Grant Deadline: November 1st

**Special thanks to our Sponsors, Fellows, Members and The Harnisch Foundation for supporting the Institute of Coaching**

find the first issue on our resource page. The Research Digest provides an overview of the most recent publications in the field of coaching, as well as brief reflections on the implication of the research for coaching practice. They also include our LinkedIn discussion forum, and importantly, the *Coaching Report* you are now receiving.

In the *October Coaching Report* we focus on several resources related to health and wellness coaching, which also have implications for coaching in general. Deb Elbaum elaborates on the implications for coaching practice of a recently published paper by Raphael Rose, which describes self-guided stress management and resilience training. We also suggest that you explore the book *Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski, published in an updated second addition last year. In this issue of the *Coaching Report* we also draw your attention to our October webinar on the topic of *Improving Well-Being in the Workplace: Current Research on the Role of Health Coaching*. This Webinar will be presented by Alyssa McGonagle and Gary Sforzo, who are Harnisch scholars and will talk about the projects they conducted with the support of the IOC Harnisch grants. **The discussion will explore the conclusions from their projects, as well as future directions in health coaching research and its implications for coaching practice.**

I trust that you will enjoy and find our suggested materials for the month of October helpful in your research and practice! Please contact us with comments, ideas and recommendations!

Warmly,



Irina Todorova  
Director of Research

## Research You Need to Know



**Self-guided multimedia stress management and resilience training** By Raphael D. Rose, *The Journal of Positive Psychology*, 2014, Vol. 9

*Special thanks to Deb Elbaum, MD, CPCC, ACC for translating this article.*

As you read this on your laptop, tablet, or smartphone, let me remind you that technology is everywhere and impacting every aspect of our lives. Technology makes our lives easier – absolutely – but it also introduces many challenges – constant connection, lack of presence, and a constant distraction. Today, technology gets one more point for *enhancing* our lives, however.

A 2014 study by Raphael Rose, published in *The Journal of Positive Psychology*, shows that technology-based behavioral health intervention programs can have a meaningful impact on both behavioral and psychological health – particularly when those programs have a positive psychology focus (such as resilience or stress-management training).

The technology in Rose’s study allowed users to get high-quality training on managing stress at the time and place of their choosing, thereby making access as easy and effortless as possible. Additionally, this technology-based solution does not require the physical presence of a clinician. It is a scalable, repeatable process that is time and cost effective for both users and providers.

Interested in learning more? Take a look at the article to learn more about the design, features, and user-experience of the program. As a coach, how can you use technology-based solutions to enable your clients on their development journey between meetings?

## Books Important for Coaches

***Wellness Coaching for Lasting Lifestyle Change – Second Edition*** by Michael Arloski

Guided by his long experience as a wellness coach, Dr. Arloski blends the wisdom of the wellness field with the proven processes of

the coaching profession to bring us an easy-to-use training tool. The book is used throughout the world to train wellness coaches. It is also the perfect training tool for wellness professionals of all kinds, disease management professionals, professional coaches, EAP professionals, counselors, and therapists. The 2nd edition includes updates, numerous additions, and expanded worksheets.

## **Offerings for members of the Institute of Coaching**

The Institute offers a member-donor association designed to be your bridge from scientific research and theory to best practices in leadership, health / wellness, and personal coaching.

[Learn more about IOC membership levels](#)

### **Live Webinar for IOC members:**

**OCTOBER 2015**

**Improving Well-Being in the Workplace: Current Research on the Role of Health Coaching** with Alyssa McGonagle & Gary Sforzo

**Date:** Wednesday, October 28<sup>th</sup>

**Time:** 12:00 - 1:15 PM EDT

#### **Description:**

The webinar is based on two studies recently completed by Institute of Coaching Harnisch scholars - Alyssa McGonagle and Gary Sforzo/ Miranda Kaye. It will address how health coaching can be beneficial for improving well-being and healthy behaviors.

Alyssa McGonagle will present her study on the role of health coaching for employees working with a chronic illness. Gary Sforzo will present his study on the effectiveness of coaching in augmenting a workplace wellness program. Both studies were designed as randomized controlled trials (RCT), collected coaching outcome data at several time points before and after the coaching and reported the impact of health coaching on several outcomes.

The discussion will explore the importance of health coaching research for the coaching profession; the role of RCTs in coaching

research, including issues to consider when designing and conducting RTCs; future directions in research and implications for practice.

[View our Calendar section](#) for all our latest events and offerings