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“Self Care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.”

— Parker Palmer

Behavior Change is Hard

- Pitfalls:
 - *Distractions*
 - *Impulsivity*
 - *Forgetfulness*
 - *Laziness*
- Even with awareness, temptations can derail our efforts
 - *Short-term gain can be stronger than long-term goal*
 - *Insight alone is insufficient*
 - But it is the first step
 - Can begin to design a solution

What's the Solution?

- Make it fun!
- Encourage experimentation – curiosity vs. judgment
- Break big targets into smaller steps
 - *Week by week*
 - *Client-initiated (one size does not fit all)*
 - *Build on learnings*
 - *Build on small successes*
- Back-up plans and supports
- No such thing as failure
- Future-proof your life
 - *Set defaults in favor of “future you”*
 - Change foods available in the pantry
 - Change default settings on computer from twitter to NYTimes

What Role does a Health Coach Play?

- Expertise in behavior change
- Partner with the client in the behavior change process
- Different than an Expert:
 - Expert:
Treats, educates, relies on skills/knowledge of expert, strives to have answers, focuses on problems, advises
 - Coach:
Helps clients help themselves; build motivation, confidence, and resourcefulness so clients feel empowered to help themselves

Who Can Benefit from H&W Coaching?

- Anyone facing a health-related diagnosis and/or transition
- Anyone who is stuck in an area that affects their physical/mental well-being
- Anyone ready to adopt new healthier habits
 - *Those who have never tried before*
 - *Those who have “tried everything” and failed*

What Do We Do Together?



How Do We Do It?

- Understand current health state
- Establish vision for optimal health
- Set overarching goals
- Set small steps, week by week, with specificity and back-up plans
- Celebrate successes and learning along the way
- Use lens of experimentation and playfulness
- Weave strengths, values, previous success and learning into the process
- Normalize challenging situations and strong emotions
- Maintain non-judgment and a growth mindset
- Support clients in finding resources that work well for *them*
- Accountability
- Start in an area that feels meaningful and doable – transition into other areas as client builds skills and confidence

Outcomes

Weight Loss

- *Focusing on intrinsic motivation (strength, longevity, becoming a role model) vs. external factors (how others perceive size/shape)*

Healthy Eating

- *Meal prepping, experimentation, involving others*
- *Identifying triggers, creating new neural pathways*

Stress Reduction

- *Experimenting with options, finding what “fits”*

Building Self-Compassion

- *Awareness of inner critic, replacement with self-compassion*

Revamping Environment

- *Establishing clutter-free, designated spaces that nurture contemplation, creativity, productivity*

Expertise and Credentials

Experience:

- Vanderbilt Health Coaching Program
Faculty and Consultant
- Transition Coaching Expertise
 - *MTSU Nursing Students*
 - *IBS Clinical Trials, Vanderbilt*
 - *Abe's Garden, Alzheimer's diagnoses*
 - *Park Manor, Aging-related transitions*
 - *Alive Hospice, End of Life coaching*

Credentials:

- National Board-Certified Health & Wellness Coach (2021)
- Health Coaching Certification, Vanderbilt University Medical Center (2020)
- Mindfulness Facilitator Certification, Osher Center for Integrative Medicine at Vanderbilt (2019)
- End of Life Coaching Certification 1 & 2, Conscious Dying Institute (2016)
- Grief Counseling Facilitation, Alive Hospice (2019)