



WELL BEING AND HEALTH MANAGEMENT

In this process, we look to identify the physical state of the client and their approach towards looking after their well being and health-related issues

The purpose of this process is to ascertain how the client plans and prepares for them being in the ultimate condition to run and manage the business and deal with the stresses and strains associated with being a business owner. The demands a business can place on the human body can be both deceiving and hidden like a ticking time bomb. Therefore we need to check whether basic good well-being practices are being created and followed, and the benefits of a healthy lifestyle are being acknowledged.

REFER TO DISC PROFILE INFORMATION

The first stage of the process is to identify the type of person they are through their DISC profile to see what their natural tendencies are in looking after themselves.

COMPLETE A WELL-BEING ASSESSMENT

The second stage of the process is to complete a well-being assessment and identify any previous history in terms of illness and conditions that could be affected by stress or workload.

COMPLETE EATING DIARY FOR 1 WEEK

At some stage, during the early phases of the coaching process, it is recommended asking the client to complete a meal/ eating diary for the week just to ascertain their general eating habits and to ensure there is a good balance and variety of food groups being consumed



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COMPLETE EXERCISE DIARY FOR 1 WEEK

At some stage, during the early phases of the coaching process, it is recommended asking the client to complete an exercise diary for the week just to ascertain their general exercise program and to ensure there is a good balance and variety of exercise being undertaken

COMPLETE HABITS DIARY FOR 1 WEEK

At some stage, during the early phases of the coaching process, it is recommended asking the client to complete a record of the main habits that make up their week. The main reason is to understand what they do and understand the rationale behind them

