

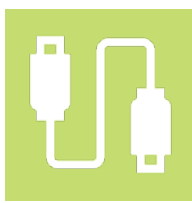
# Charge Up the Change

Conversation with a Lifestyle Coach



EMORY  
ROLLINS  
SCHOOL OF  
PUBLIC  
HEALTH

Emory Centers  
for Training and  
Technical Assistance



# Facilitator

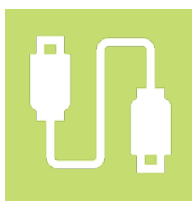


**Kris Fanelli, MPH**

National Master Trainer

Lifestyle Coach

*Diabetes Training & Technical Assistance Center (DTTAC)  
Emory Centers for Public Health Training & Technical Assistance  
Rollins School of Public Health | Emory University | Atlanta, GA*



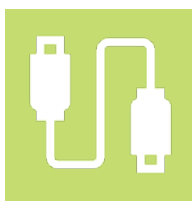
# Panelist



**Nikki Johnson**

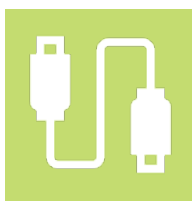
DTTAC National Master Trainer

Lifestyle Coach



# 5 Questions with an Experienced Lifestyle Coach



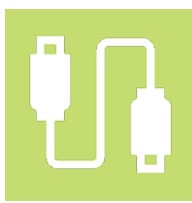


# First Impressions



What do you do when you first meet a participant to start getting them to think about making sustainable change?

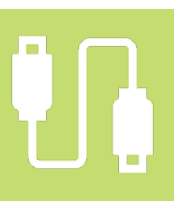
How do you set them up for success?



# Sustainable Change



What skills do participants learn in the program that can support long term change?

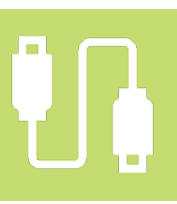


# Group Support

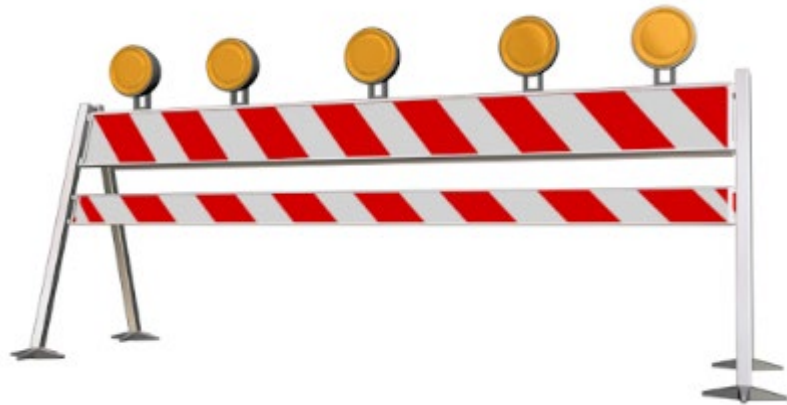
What role does support, both within and outside the group, play in change?

What can Lifestyle Coaches do to create an environment where the group's support is a catalyst for change?





# Environmental Barriers

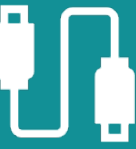


What are the most common environmental barriers your participants have faced and how did you address those?



# Action Planning

How can Lifestyle Coach's use habit formation language from the action plan journal to help participants?



# Summary



## First Impressions

- Regularly revisit reasons for joining
- Uncover intrinsic motivators
- Affirm more than praise
- Address ambivalence



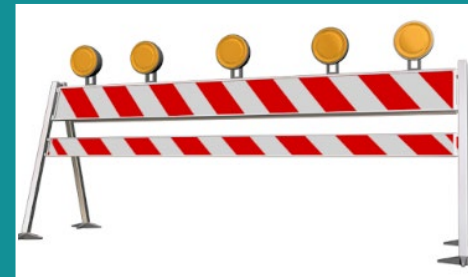
## Sustainable Change

- Small steps focus
- Support tracking and learning from logs
- Habit formation action planning
- Problem solving



## Group Support

- Create and maintain supportive group environment
- Foster connections between participants
- Use partner strategies



## Environmental Barriers

- Ask questions to uncover barriers
- Consider community partnerships to remove barriers and address realities



## Action Planning

- Use the habit loop to understand habit change
- Reinforce repetition, tracking, and making a plan that's easy to follow

