



Side-By-Side Comparison

Session	1:1 Health Coaching	1:1 Life Coaching	1: Many Coaching
2	<p>1.What's Going Well (Step Back)</p> <p>2.Challenges/Coaching on Obstacles (Step Back, Let Go, Say Yes)</p> <p>3.New Information - High Energy Foods (Step Back)</p> <p>4.Experiential Exercise - Chewing (Step Back, Let Go, Say Yes)</p> <p>5.Action Steps (Take Empowered Action/Set Up Accountability)</p> <p>6. Ahas/Insights (Installing Value)</p>	<p>1.What's Going Well (Step Back)</p> <p>2.Challenges/Coaching on Obstacles (Step Back, Let Go, Say Yes)</p> <p>3. New Information - How to find energy through activities (Step Back)</p> <p>4.Experiential Exercise - Visualize Energy Giving activity (Step Back, Let Go, Say Yes)</p> <p>5.Action Steps (Take Empowered Action/Set Up Accountability)</p> <p>6. Ahas/Insights (Installing Value)</p>	<p>1.What's Going Well - (Step Back)</p> <p>2. New Information (Step Back)</p> <p>3.Experiential Exercise (Step Back, Let Go, Say Yes)</p> <p>4. Action Steps (Take Empowered Action/Set Up Accountability)</p> <p>5.Ahas/Insights (Installing Value)</p>

